



Beef Roast in Red Wine (Carni Arrosto al Vino Rosso)

 **Gluten Free**  **Dairy Free**

READY IN



495 min.

SERVINGS



8

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth
- 3.5 pounds beef chuck boneless
- 1 teaspoon pepper black freshly ground
- 29 ounce tomatoes diced undrained canned
- 1 tablespoon basil dried
- 1 tablespoon rosemary dried
- 2 teaspoons thyme leaves dried

- 2 cups cooking wine dry red
- 4 large cloves garlic very thinly sliced
- 1 teaspoon kosher salt
- 1 small onion very thinly sliced
- 1 tablespoon oregano dried
- 1 tablespoon worcestershire sauce

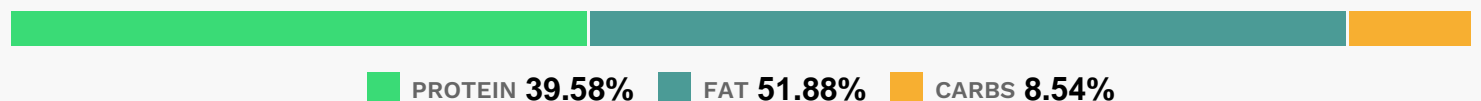
Equipment

- bowl
- frying pan
- whisk
- slow cooker

Directions

- Place half the sliced onions into the bottom of a slow cooker. Season the roast on all sides with 1 teaspoon of kosher salt and 1 teaspoon of black pepper, and lay the roast on top of the onions.
- Place the remaining onions and garlic on top of the roast.
- In a large bowl, mix the red wine, diced tomatoes, beef broth, Worcestershire sauce, rosemary, oregano, basil, thyme, 1 teaspoon kosher salt, and 1 teaspoon black pepper; pour the wine mixture over the roast. Cover the slow cooker, set the cooker to Low, and cook until tender, 8 to 10 hours.
- If desired, thicken the sauce at the end of cooking by whisking tomato paste with pan juices until thoroughly combined. Set the cooker on High heat, and cook an additional 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:26.434782458388%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 438.91kcal (21.95%), Fat: 23.11g (35.55%), Saturated Fat: 10.11g (63.2%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 6.63g (2.41%), Sugar: 3.08g (3.43%), Cholesterol: 136.93mg (45.64%), Sodium: 739.06mg (32.13%), Alcohol: 6.3g (100%), Alcohol %: 1.97% (100%), Protein: 39.67g (79.34%), Zinc: 15.18mg (101.22%), Vitamin B12: 5.44µg (90.64%), Selenium: 41.54µg (59.34%), Vitamin B3: 9.65mg (48.27%), Vitamin B6: 0.93mg (46.29%), Phosphorus: 407.96mg (40.8%), Iron: 6.42mg (35.67%), Potassium: 932.86mg (26.65%), Vitamin K: 23.19µg (22.09%), Vitamin B2: 0.37mg (21.72%), Magnesium: 57.91mg (14.48%), Vitamin B5: 1.38mg (13.79%), Manganese: 0.28mg (13.77%), Vitamin C: 11.25mg (13.63%), Vitamin B1: 0.19mg (12.71%), Copper: 0.23mg (11.28%), Calcium: 104.79mg (10.48%), Vitamin E: 1.27mg (8.46%), Fiber: 1.92g (7.7%), Folate: 21.18µg (5.29%), Vitamin A: 181.06IU (3.62%), Vitamin D: 0.2µg (1.32%)