



WHATSheATE



Beef With Red Wine Sauce



Dairy Free

READY IN



375 min.

SERVINGS



6

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 3 pounds beef chuck boneless cut into 1-inch pieces
- ☐ 1.6 ounce brown gravy mix
- ☐ 10.5 ounce beef broth canned
- ☐ 6 servings egg noodles hot cooked
- ☐ 1 pound mushrooms fresh halved
- ☐ 1 medium onion sliced
- ☐ 6 servings parsley fresh chopped

- ☐ 1 cup red wine
- ☐ 2 tablespoons tomato paste

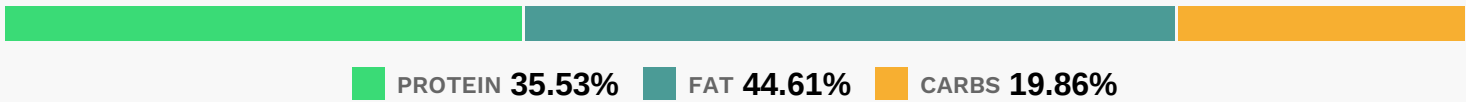
Equipment

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Place first 3 ingredients in a 6-quart slow cooker.
- ☐ Whisk together gravy mix and next 3 ingredients; pour evenly over beef and vegetables.
- ☐ Add bay leaf.
- ☐ Cover and cook on HIGH 6 hours.
- ☐ Remove and discard bay leaf.
- ☐ Serve over noodles.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:11.66, Inflammation Score:-7, Nutrition Score:35.778260676757%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg

Kaempferol: 0.21mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 596.03kcal (29.8%), Fat: 28.37g (43.64%), Saturated Fat: 11.9g (74.39%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 25.97g (9.45%), Sugar: 3.8g (4.23%), Cholesterol: 181.14mg (60.38%), Sodium: 465.52mg (20.24%), Alcohol: 4.24g (100%), Alcohol %: 1.05% (100%), Protein: 50.84g (101.68%), Zinc: 18.16mg (121.1%), Selenium: 74.87µg (106.96%), Vitamin B12: 6.33µg (105.55%), Vitamin B3: 13.59mg (67.95%), Vitamin K: 69.84µg (66.52%), Phosphorus: 585.99mg (58.6%), Vitamin B6: 1.05mg (52.58%), Vitamin B2: 0.69mg (40.57%), Iron: 6.33mg (35.15%), Potassium: 1206.35mg (34.47%), Vitamin B5: 2.82mg (28.16%), Copper: 0.5mg (24.95%), Manganese: 0.43mg (21.56%), Magnesium: 79.63mg (19.91%), Vitamin B1: 0.25mg (16.97%), Vitamin C: 9.44mg (11.44%), Fiber: 2.44g (9.77%), Vitamin A: 467.82IU (9.36%), Folate: 37.23µg (9.31%), Calcium: 69mg (6.9%), Vitamin E: 0.85mg (5.64%), Vitamin D: 0.46µg (3.09%)