



## Beer-Braised Beef with Italian Salsa Verde

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon capers chopped
- 2 pounds beef chuck boneless trimmed cut into 3-inch cubes
- 3 tablespoons olive oil extravirgin
- 0.7 cup optional: dill fresh chopped
- 0.3 cup parsley fresh chopped
- 1 cup mint leaves fresh chopped
- 12 ounce porter canned

- 16 ounce bread crumbs italian toasted cut into 16 (1-ounce) slices,
- 1 cup less-sodium beef broth fat-free
- 1 teaspoon olive oil
- 3 cups onion vertically sliced ( 1 large)
- 0.5 teaspoon sea salt
- 0.3 cup shallots finely chopped

## Equipment

- bowl
- frying pan
- oven
- dutch oven

## Directions

- Preheat oven to 35
- To prepare salsa, combine first 8 ingredients in a small bowl. Cover and refrigerate.
- To prepare beef, sprinkle beef with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add beef; cook 5 minutes or until browned.
- Remove from pan.
- Add 1 teaspoon oil and onion to pan. Reduce heat, and cook 12 minutes or until golden brown, stirring occasionally.
- Return beef to pan.
- Add broth and beer; bring to a boil. Cover, reduce heat, and simmer 1 hour and 30 minutes or until tender.
- Remove beef from pan; shred with 2 forks. Return beef to pan; stir. Spoon 1/4 cup beef mixture over each bread slice; top each with 1 1/2 tablespoons salsa.

## Nutrition Facts



■ PROTEIN 18.25% ■ FAT 56.59% ■ CARBS 25.16%

## Properties

Glycemic Index:17, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:20.643043569897%

## Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 5.7mg, Apigenin: 5.7mg, Apigenin: 5.7mg, Apigenin: 5.7mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 4.71mg, Isorhamnetin: 4.71mg, Isorhamnetin: 4.71mg, Isorhamnetin: 4.71mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 16.07mg, Quercetin: 16.07mg, Quercetin: 16.07mg, Quercetin: 16.07mg

## Nutrients (% of daily need)

Calories: 624.4kcal (31.22%), Fat: 38.98g (59.97%), Saturated Fat: 17.45g (109.04%), Carbohydrates: 38.99g (13%), Net Carbohydrates: 35.09g (12.76%), Sugar: 20.67g (22.97%), Cholesterol: 78.24mg (26.08%), Sodium: 539.19mg (23.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.56%), Zinc: 8.9mg (59.34%), Vitamin B12: 3.1µg (51.6%), Vitamin K: 46.81µg (44.58%), Vitamin B3: 7.74mg (38.68%), Selenium: 23.77µg (33.95%), Vitamin B6: 0.55mg (27.45%), Phosphorus: 265.48mg (26.55%), Iron: 4.52mg (25.11%), Potassium: 747.89mg (21.37%), Folate: 69.36µg (17.34%), Vitamin C: 13.52mg (16.38%), Fiber: 3.9g (15.61%), Vitamin B2: 0.26mg (15.51%), Vitamin A: 769.8IU (15.4%), Vitamin B1: 0.2mg (13.04%), Manganese: 0.24mg (11.96%), Magnesium: 47.08mg (11.77%), Vitamin B5: 0.84mg (8.37%), Vitamin E: 1.09mg (7.24%), Copper: 0.13mg (6.59%), Calcium: 61.9mg (6.19%)