






 **13%**
HEALTH SCORE

Beer-Braised Beef with Onions

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

READY IN

185 min.

SERVINGS

6

CALORIES

416 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 cans beer
- 1 beef chuck whole
- 5 cloves garlic chopped
- 1 teaspoon ground thyme
- 3 Tablespoons olive oil
- 4 onion whole thick peeled sliced
- 0.5 teaspoon rosemary
- 6 servings salt and pepper to taste (Be Generous!)

Equipment

- frying pan
- oven
- pot
- dutch oven

Directions

- Preheat oven to 275 degrees.
- Heat oil in a large dutch oven over high heat. Season meat generously with salt and pepper. Sear meat on both sides, about 2 minutes per side.
- Remove meat from pan. Lower heat to medium. Throw in onions and garlic. Stir for 30 seconds.
- Pour in beer, and add thyme, rosemary, and salt to taste---about 1 teaspoon. (Do not undersalt!)
- Add meat to pot, put to submerge, and place lid on pot. Cook in oven for 2 1/2 to 3 hours, or until meat is fork tender and falling apart. Shred meat with two forks.
- Serve on dinner plates and spoon juice and onions over the top.
- Serve with very crust bread to sop up the juice.

Nutrition Facts

 **PROTEIN 31.23%**  **FAT 56.4%**  **CARBS 12.37%**

Properties

Glycemic Index:27.92, Glycemic Load:3.45, Inflammation Score:-7, Nutrition Score:19.270434713882%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

0.09mg Quercetin: 14.95mg, Quercetin: 14.95mg, Quercetin: 14.95mg, Quercetin: 14.95mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 416.45kcal (20.82%), Fat: 24.32g (37.41%), Saturated Fat: 8.57g (53.54%), Carbohydrates: 12g (4%), Net Carbohydrates: 10.64g (3.87%), Sugar: 3.14g (3.49%), Cholesterol: 103.5mg (34.5%), Sodium: 323.63mg (14.07%), Alcohol: 4.63g (100%), Alcohol %: 1.67% (100%), Protein: 30.3g (60.59%), Zinc: 11.46mg (76.38%), Vitamin B12: 4.12µg (68.65%), Selenium: 32.34µg (46.2%), Vitamin B6: 0.75mg (37.46%), Vitamin B3: 7.21mg (36.03%), Phosphorus: 325.55mg (32.55%), Iron: 3.59mg (19.94%), Potassium: 648.68mg (18.53%), Vitamin B2: 0.27mg (15.91%), Magnesium: 43.97mg (10.99%), Vitamin B5: 1.07mg (10.75%), Vitamin B1: 0.14mg (9.64%), Vitamin K: 9.66µg (9.2%), Vitamin E: 1.32mg (8.81%), Manganese: 0.17mg (8.73%), Vitamin C: 6.3mg (7.63%), Copper: 0.14mg (6.76%), Folate: 26.11µg (6.53%), Calcium: 55.08mg (5.51%), Fiber: 1.36g (5.46%)