



 **47%**  
HEALTH SCORE

## Boeuf Bourgignon

READY IN



45 min.

SERVINGS



4

CALORIES



1005 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound mushrooms quartered
- 1 pound mushrooms quartered
- 2 tbsp butter
- 2 strips bacon chopped
- 1 tbsp vegetable oil
- 3 pounds beef chuck boneless cut into 2" cubes
- 1 medium onion yellow finely chopped
- 2 medium shallots finely chopped
- 2 medium carrots sliced

- 4 servings pepper black freshly ground to taste
- 1 tbsp flour (see head note)
- 1 cup cognac (see head note)
- 3 cups beef stock (see head note)
- 2 tbsp cocoa powder unsweetened
- 2 garlic clove minced
- 2 teaspoons thyme sprigs fresh
- 0.3 cup parsley fresh roughly chopped
- 1 tbsp tomato paste
- 1 bay leaves

## Equipment

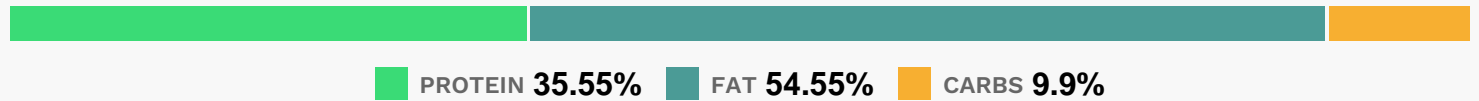
- frying pan
- oven
- pot
- stove
- slotted spoon

## Directions

- Preheat oven to 160 C (325 F).
- In a pan saut the mushrooms in butter till brown and soft. Keep aside.
- In a deep-bottomed pot/casserole, saut the bacon in 1 tbsp oil over moderate heat for 2 to 3 minutes to brown lightly.
- Remove to a side dish with a slotted spoon. Reheat the pan until fat is almost smoking before you saut the beef. Saut the beef in the bacon fat in batches making sure not to crowd the pieces (the pieces need to brown on all sides, not sweat).
- Add the browned pieces of beef to the bacon. Lower the heat to medium. In the same fat, add the onions, shallots and carrots. Cook till the carrots soften.
- Add the cooked veggies to the beef and bacon.
- Pour out the sauting fat.

- Return beef to the casserole. Then sprinkle on the flour and toss to coat the beef lightly with the flour. Stir everything around till the flour is cooked and no white traces of it remain.
- Add the bacon and veggies and season with salt and pepper. Stir in the cognac and enough stock so that the meat is barely covered.
- Add the garlic, thyme, parsley, tomato paste and bay leaf. Bring to simmer on top of the stove. Cover the casserole and set it in the oven. Cook for 2 1/2 to 3 hours. About 1 hour into the cooking add the mushrooms and stir in the cocoa powder. Return to the oven. The stew is done when the meat is fork-soft.

## Nutrition Facts



### Properties

Glycemic Index:122.96, Glycemic Load:5.23, Inflammation Score:-10, Nutrition Score:56.065217391304%

### Flavonoids

Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epicatechin: 5.3mg, Epicatechin: 5.3mg, Epicatechin: 5.3mg, Epicatechin: 5.3mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

### Taste

Sweetness: 23.34%, Saltiness: 100%, Sourness: 27.55%, Bitterness: 30.05%, Savoriness: 72.22%, Fattiness: 57.07%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 1004.77kcal (50.24%), Fat: 54.09g (83.22%), Saturated Fat: 23.22g (145.13%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 16.57g (6.03%), Sugar: 9.65g (10.72%), Cholesterol: 257.26mg (85.75%), Sodium: 820.69mg (35.68%), Alcohol: 20.04g (111.33%), Caffeine: 6.21mg (2.07%), Protein: 79.32g (158.64%), Zinc: 27.7mg (184.65%), Vitamin B12: 9.45µg (157.42%), Selenium: 97.39µg (139.13%), Vitamin B3: 25.65mg (128.24%), Vitamin A: 5748.74IU (114.97%), Phosphorus: 970.79mg (97.08%), Vitamin B2: 1.64mg (96.61%), Vitamin B6: 1.82mg (91.25%), Vitamin K: 78.49µg (74.75%), Potassium: 2505.79mg (71.59%), Copper: 1.21mg (60.4%), Vitamin B5: 5.76mg (57.56%), Iron: 10.1mg (56.12%), Vitamin B1: 0.57mg (37.88%), Magnesium: 127.76mg (31.94%), Manganese: 0.46mg (22.99%), Fiber: 5.53g (22.12%), Vitamin C: 17.54mg (21.26%), Folate: 78.88µg (19.72%), Calcium: 120.07mg (12.01%), Vitamin E: 1.6mg (10.63%), Vitamin D: 0.84µg (5.59%)