



Boeuf Bourguignon

 Very Healthy

READY IN



285 min.

SERVINGS



6

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.3 pounds beef shoulder cut into large pieces
- 1 ounce butter for frying
- 6 carrots chopped
- 2 stalks celery chopped
- 1 tablespoon currant liqueur black (recommended Creme de Cassis)
- 1 ounce flour
- 1 tablespoon garlic chopped
- 2 cloves garlic mashed

- 6 servings serving suggestion: potatoes and garlic croutons boiled
- 2 tablespoons olive oil for frying
- 4 tablespoons olive oil for frying
- 2 onions chopped
- 1 sprig oregano
- 1 small bunch parsley finely chopped
- 1 sprig rosemary
- 6 servings salt and pepper black freshly ground
- 6 servings salt and pepper freshly ground
- 1 sprig thyme leaves
- 0.5 turnip diced
- 2 strips unsmoked bacon cut in pieces
- 3 slices bread white cut into small squares
- 2 bottles red burgundy wine

Equipment

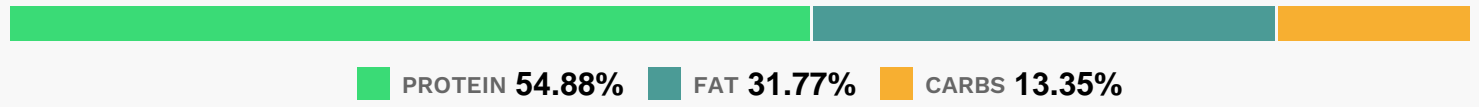
- frying pan
- sauce pan

Directions

- Combine 1-ounce of butter and 1-ounce of flour to make a paste. Set aside. In a large heavy-bottomed saucepan, brown the beef in remaining 2 ounces butter and oil on a medium to high heat for 4 or 5 minutes until seared on all sides.
- Remove from pan and reserve.
- Add onions and cook until translucent.
- Add bacon and cook until softened.
- Add carrots, celery, turnip, parsley, thyme, rosemary, oregano, and garlic.
- Add the butter and flour mixture. Stir to make sure ingredients are well-combined.

- Add the beef back and pour in the wine, making sure that it covers the ingredients. Bring to a boil and season with salt and freshly ground pepper.
- Add 1 tablespoon of Creme de Cassis. Cover and simmer for 4 hours on a low heat.
- Garnish with a little chopped parsley and serve with Garlic Croutons.
- Saute the bread cubes in olive oil and garlic. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:111.27, Glycemic Load:10.71, Inflammation Score:-10, Nutrition Score:50.90565226389%

Flavonoids

Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 2.22mg, Delphinidin: 2.22mg, Delphinidin: 2.22mg, Delphinidin: 2.22mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 20.87mg, Apigenin: 20.87mg, Apigenin: 20.87mg, Apigenin: 20.87mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 713.85kcal (35.69%), Fat: 24.52g (37.72%), Saturated Fat: 9.69g (60.57%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 19.41g (7.06%), Sugar: 5.84g (6.49%), Cholesterol: 262.45mg (87.48%), Sodium: 548.59mg (23.85%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Protein: 95.3g (190.6%), Vitamin A: 11108.94IU (222.18%), Vitamin B12: 10.61µg (176.78%), Zinc: 26.39mg (175.91%), Vitamin K: 177.18µg (168.74%), Selenium: 110.49µg (157.85%), Vitamin B6: 2.43mg (121.56%), Vitamin B3: 19.84mg (99.22%), Phosphorus: 874.26mg (87.43%), Iron: 11.34mg (63%), Vitamin B2: 0.83mg (48.82%), Potassium: 1608.23mg (45.95%), Vitamin C: 27.91mg (33.82%), Vitamin B1: 0.44mg (29.67%), Vitamin B5: 2.82mg (28.18%), Magnesium: 109.69mg (27.42%), Copper: 0.46mg (22.91%), Manganese: 0.45mg (22.71%), Folate: 85.47µg (21.37%), Fiber: 3.77g (15.06%), Calcium: 133.79mg (13.38%), Vitamin E: 1.45mg (9.69%), Vitamin D: 0.33µg (2.2%)