



Boeuf Bourguignon

 Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bacon
- 3.5 pounds beef chuck boneless dry fat trimmed cut into 2-inch chunks, patted
- 1 serving coarse mustard
- 0.3 cup flour all-purpose
- 1 large onion chopped
- 3 large cloves garlic finely chopped
- 2 tablespoons tomato paste
- 6 medium carrots

- 3 cups wine dry red
- 0.5 teaspoon thyme dried
- 1 serving pearl onions

Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon

Directions

- In a 6-to-8-quart saucepan with a tight-fitting lid, cook bacon uncovered over medium-low heat until browned, 10 to 15 minutes. With a slotted spoon, transfer bacon to a paper-towel-lined plate; set aside. Reserve bacon fat.
- Season beef generously with salt and pepper. In a large bowl, dredge beef in flour, shaking off excess. Raise heat to medium. Working in two batches, brown beef in bacon fat on all sides, without crowding, about 10 minutes per batch.
- Transfer each batch to a bowl.
- Pour 1/2 cup water into pan; bring to a boil. Cook, stirring, to loosen browned bits, until liquid has reduced to a few tablespoons, 2 to 3 minutes.
- Add onion and garlic; cook, stirring, until slightly softened, 3 minutes.
- Add tomato paste; cook 1 minute.
- Add carrots, meat (with juices), wine, thyme, and reserved bacon. Bring to a boil. Reduce heat, cover, and simmer over low, stirring occasionally, until meat is tender, but not falling apart, 3 to 3 1/2 hours.
- Skim fat off surface of stew; discard. Stir Roasted Mushrooms and Pearl Onions into beef; season with salt and pepper.
- Serve, or refrigerate, covered, up to overnight.

Nutrition Facts



PROTEIN 34.57% FAT 53.86% CARBS 11.57%

Properties

Glycemic Index:35.35, Glycemic Load:5.09, Inflammation Score:-10, Nutrition Score:29.514782542768%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 541.79kcal (27.09%), Fat: 28.64g (44.06%), Saturated Fat: 11.93g (74.56%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 11.86g (4.31%), Sugar: 3.49g (3.88%), Cholesterol: 146.28mg (48.76%), Sodium: 325.71mg (14.16%), Alcohol: 9.45g (100%), Alcohol %: 3.17% (100%), Protein: 41.36g (82.72%), Vitamin A: 7738.34IU (154.77%), Zinc: 15.31mg (102.1%), Vitamin B12: 5.49µg (91.47%), Selenium: 46.22µg (66.03%), Vitamin B3: 10.07mg (50.34%), Vitamin B6: 0.91mg (45.46%), Phosphorus: 428.43mg (42.84%), Iron: 4.83mg (26.83%), Potassium: 912.96mg (26.08%), Vitamin B2: 0.36mg (21.45%), Vitamin B1: 0.26mg (17.07%), Vitamin B5: 1.48mg (14.82%), Magnesium: 50.33mg (12.58%), Vitamin K: 10.66µg (10.16%), Manganese: 0.19mg (9.26%), Copper: 0.18mg (9.07%), Fiber: 1.98g (7.92%), Folate: 28.49µg (7.12%), Vitamin C: 5.36mg (6.49%), Vitamin E: 0.93mg (6.18%), Calcium: 59.72mg (5.97%), Vitamin D: 0.26µg (1.7%)