



Braised Beef and Onions



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb beef chuck boneless thick ()
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 6 large garlic clove finely chopped
- ☐ 2 teaspoons ground allspice
- ☐ 6 cups onion halved lengthwise thinly sliced lengthwise

Equipment

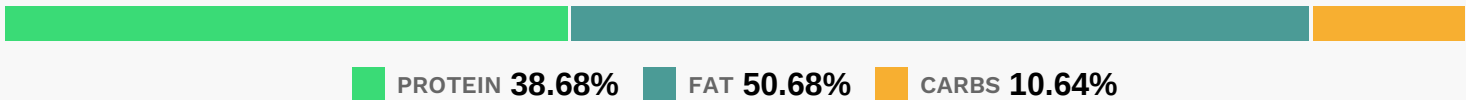
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Pat meat dry. Stir together allspice, 2 teaspoons salt, and 1 teaspoon pepper in a small bowl and rub all over meat.
- ☐ Spread half of onions and half of garlic in a 13- by 9-inch roasting pan and arrange meat on top.
- ☐ Spread remaining onions and garlic over meat. Tightly cover pan with foil and roast, turning meat over after 1 hour, until meat is very tender, about 2 1/2 hours total.
- ☐ Skim fat from pan juices. Slice meat across the grain and sprinkle with parsley.
- ☐ Serve with onions and pan juices.
- ☐ Beef can be braised 2 days ahead. Cool meat in juices, uncovered, then slice and chill in juices, covered. Reheat, covered, in a 350°F oven 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:2.73, Inflammation Score:-6, Nutrition Score:27.091739177704%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 24.4mg, Quercetin: 24.4mg, Quercetin: 24.4mg, Quercetin: 24.4mg

Nutrients (% of daily need)

Calories: 461.26kcal (23.06%), Fat: 26.22g (40.34%), Saturated Fat: 11.5g (71.88%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 10.15g (3.69%), Sugar: 5.12g (5.69%), Cholesterol: 156.49mg (52.16%), Sodium: 189.83mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.02g (90.05%), Zinc: 17.3mg (115.34%), Vitamin B12:

6.19µg (103.19%), Selenium: 47.65µg (68.08%), Vitamin B6: 1.04mg (52.12%), Vitamin B3: 9.99mg (49.95%), Phosphorus: 468.03mg (46.8%), Iron: 5.1mg (28.36%), Potassium: 947.95mg (27.08%), Vitamin B2: 0.37mg (21.47%), Vitamin K: 20.32µg (19.35%), Vitamin B5: 1.56mg (15.58%), Magnesium: 56.83mg (14.21%), Vitamin B1: 0.21mg (14.05%), Vitamin C: 11.11mg (13.46%), Manganese: 0.23mg (11.57%), Copper: 0.2mg (9.81%), Fiber: 2.23g (8.91%), Folate: 31.37µg (7.84%), Calcium: 74.91mg (7.49%), Vitamin E: 0.46mg (3.09%), Vitamin A: 119.03IU (2.38%), Vitamin D: 0.23µg (1.51%)