



Braised Beef with Onion, Sweet Potato, and Parsnip

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 0.8 inch carrots
- ☐ 1 pound beef chuck boneless trimmed
- ☐ 3 garlic clove minced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 cups beef broth fat-free
- ☐ 2 tablespoons olive oil divided

- ☐ 1 medium onion chopped
- ☐ 0.5 inch parsnips
- ☐ 12 ounces sweet potatoes and into diced peeled
- ☐ 1 tablespoon tomato paste

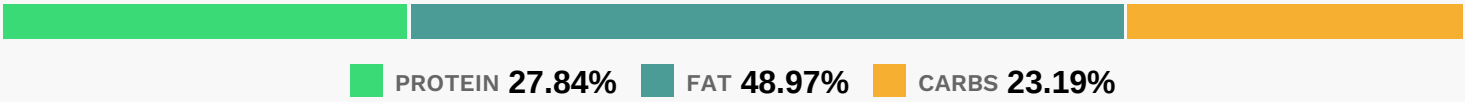
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add 1 tablespoon oil; swirl.
- ☐ Sprinkle beef with 1/4 teaspoon salt and 1/4 teaspoon pepper; cook 10 minutes, browning on all sides.
- ☐ Remove from pan.
- ☐ Add onion; saut 4 minutes.
- ☐ Add tomato paste and garlic; saut 1 minute.
- ☐ Add beef and broth; bring to a boil. Cover and bake at 325 for 2 hours.
- ☐ Combine remaining 1 tablespoon oil, parsnip, carrot, sweet potato, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper on a foil-lined jelly-roll pan; toss to coat.
- ☐ Place pan on bottom rack in oven; bake at 325 for 50 minutes, stirring once.
- ☐ Cut beef across grain into slices. Return Dutch oven to medium-high heat; cook sauce 5 minutes.
- ☐ Place 1/2 cup vegetables in each of 4 shallow bowls; top with 3 ounces beef and 1/4 cup sauce.

Nutrition Facts



Properties

Glycemic Index:72.71, Glycemic Load:9.56, Inflammation Score:-10, Nutrition Score:22.251739139142%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 365.33kcal (18.27%), Fat: 20.13g (30.97%), Saturated Fat: 6.72g (42%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 18.12g (6.59%), Sugar: 5.27g (5.86%), Cholesterol: 78.24mg (26.08%), Sodium: 682.94mg (29.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.74g (51.48%), Vitamin A: 12223.26IU (244.47%), Zinc: 8.89mg (59.25%), Vitamin B12: 3.1µg (51.6%), Selenium: 24.56µg (35.08%), Vitamin B6: 0.68mg (34.16%), Potassium: 998.99mg (28.54%), Vitamin B3: 5.56mg (27.79%), Phosphorus: 269.82mg (26.98%), Iron: 3.16mg (17.57%), Manganese: 0.35mg (17.55%), Vitamin B5: 1.44mg (14.36%), Vitamin B2: 0.23mg (13.72%), Fiber: 3.32g (13.29%), Magnesium: 48.38mg (12.1%), Copper: 0.23mg (11.69%), Vitamin E: 1.63mg (10.9%), Vitamin B1: 0.16mg (10.77%), Vitamin K: 8.59µg (8.18%), Vitamin C: 5.74mg (6.95%), Calcium: 58.26mg (5.83%), Folate: 18.88µg (4.72%)