



Braised Beef with Red Onion Gremolata

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pounds beef chuck boneless
- 1 pepper flakes red with seeds, finely chopped
- 2 cups wine dry red
- 1 cup flour all-purpose
- 0.3 cup basil fresh chopped
- 0.3 cup chives fresh chopped
- 0.3 cup parsley fresh chopped
- 2 garlic clove crushed

- 8 servings pepper freshly ground
- 0.3 cup lemon zest finely grated
- 4 cups chicken broth low-sodium
- 0.3 cup olive oil
- 2 large onion sliced
- 0.3 small onion red finely chopped
- 2 tablespoons red wine vinegar
- 0.3 cup sugar
- 1 bunch thyme leaves
- 0.3 cup vegetable oil

Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- cutting board
- kitchen twine

Directions

- Preheat oven to 325°F. Tie roast with kitchen twine at 1" intervals; season with salt and pepper.
- Heat oil in a large ovenproof pot over medium-high heat. Cook onions, stirring occasionally, until soft, 10–15 minutes.
- Add wine, vinegar, and sugar. Bring to a boil, reduce heat, and simmer until reduced by half, 10–12 minutes.
- Add garlic and broth and return to a simmer; add roast and thyme. Cover and braise in oven, turning roast occasionally, until roast is tender, 2 1/2–3 hours.
- Transfer roast to a large baking dish and strain braising liquid over. Cover and chill onions. Cover roast at least 12 hours.

- DO AHEAD: Roast can be braised 2 days ahead. Keep chilled.
- Combine onion and vinegar in a medium bowl.
- Let sit 30 minutes; drain.
- Add chile, basil, chives, parsley, and lemon zest and toss; season with salt and pepper.
- Scrape fat from beef; discard.
- Transfer beef to a cutting board. Bring solidified braising liquid to a boil in a large saucepan. Reduce heat and simmer, stirring occasionally, until reduced to 2 cups, 25–30 minutes.
- Add vinegar and braised onions; season sauce with salt and pepper.
- Place flour in a shallow bowl.
- Remove wine from roast and slice into eight 1–1 1/2" pieces; season with salt and pepper.
- Heat oil in a large nonstick skillet over medium heat. Working in batches, dredge meat in flour and cook until browned and crisp, about 4 minutes per side. Arrange on a platter and drizzle with sauce; top with gremolata.

Nutrition Facts



Properties

Glycemic Index: 62.26, Glycemic Load: 14.16, Inflammation Score: -8, Nutrition Score: 35.236956207649%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 803.64kcal (40.18%), Fat: 47.11g (72.47%), Saturated Fat: 16.53g (103.31%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 24.82g (9.03%), Sugar: 8.64g (9.6%), Cholesterol: 195.61mg (65.2%), Sodium: 269.47mg (11.72%), Alcohol: 6.3g (100%), Alcohol %: 1.44% (100%), Protein: 59.2g (118.4%), Zinc: 21.69mg (144.61%),

Vitamin B12: 7.86µg (130.96%), Selenium: 64.11µg (91.59%), Vitamin B3: 14.98mg (74.91%), Phosphorus: 607.1mg (60.71%), Vitamin B6: 1.2mg (60.16%), Vitamin K: 58.54µg (55.76%), Iron: 7.37mg (40.92%), Potassium: 1167.42mg (33.35%), Vitamin B2: 0.55mg (32.37%), Vitamin C: 19.39mg (23.5%), Vitamin B1: 0.34mg (22.61%), Vitamin B5: 1.9mg (19.01%), Magnesium: 67.57mg (16.89%), Copper: 0.3mg (14.82%), Vitamin E: 2.16mg (14.37%), Folate: 51.5µg (12.87%), Manganese: 0.25mg (12.52%), Calcium: 78.73mg (7.87%), Vitamin A: 369.02IU (7.38%), Fiber: 1.74g (6.95%), Vitamin D: 0.28µg (1.89%)