



Braised Beef with Shallots and Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1.5 pound beef chuck pot roast cut into serving-sized pieces
- ☐ 1 cup swanson's beef stock
- ☐ 1 tablespoon brown sugar packed
- ☐ 3 tablespoons butter
- ☐ 2 large carrots cut into 2-inch pieces (1 cup)
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons lemon zest grated

- ☐ 2 cups mushrooms cut into quarters (5 ounces)
- ☐ 0.5 pound shallots peeled
- ☐ 2 cups tomatoes chopped

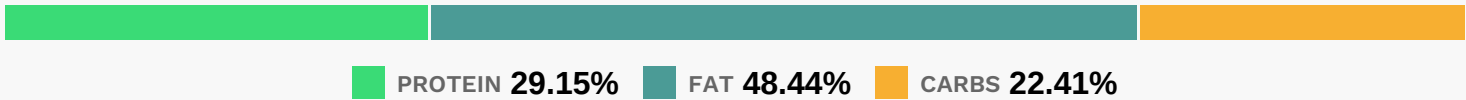
Equipment

- ☐ frying pan

Directions

- ☐ Coat the beef with the flour.
- ☐ Heat the butter in a 12-inch skillet over medium-high heat.
- ☐ Add the beef and cook until it's well browned on all sides.
- ☐ Remove the beef from the skillet.
- ☐ Pour off any fat.
- ☐ Add the shallots to the skillet. Cook for 10 minutes or until they're tender. Stir in the stock, tomatoes, vinegar and sugar and heat to a boil. Return the beef to the skillet. Reduce the heat to low. Cover and cook for 1 1/2 hours.
- ☐ Add the carrots and mushrooms to the skillet. Cook for 30 minutes or until the beef is fork-tender and the vegetables are tender.
- ☐ Remove the beef and vegetables from the skillet and keep warm. Increase the heat to high. Cook for 10 minutes or until the stock mixture is thickened. Return the beef and vegetables to the skillet. Season as desired.
- ☐ Sprinkle with the parsley and lemon zest.

Nutrition Facts



Properties

Glycemic Index:88.46, Glycemic Load:9.94, Inflammation Score:-10, Nutrition Score:37.214347943016%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 521.97kcal (26.1%), Fat: 28.67g (44.1%), Saturated Fat: 14.08g (87.99%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 24.98g (9.08%), Sugar: 14.29g (15.88%), Cholesterol: 139.94mg (46.65%), Sodium: 367.9mg (16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.81g (77.63%), Vitamin A: 7238.92IU (144.78%), Zinc: 13.7mg (91.37%), Vitamin B12: 4.68µg (78.01%), Vitamin K: 75.96µg (72.34%), Selenium: 43.75µg (62.51%), Vitamin B3: 11.05mg (55.25%), Vitamin B6: 1.05mg (52.64%), Phosphorus: 461.76mg (46.18%), Potassium: 1363.39mg (38.95%), Vitamin B2: 0.59mg (34.64%), Vitamin C: 26.73mg (32.4%), Iron: 5.66mg (31.44%), Vitamin B5: 2.17mg (21.66%), Vitamin B1: 0.32mg (21.54%), Copper: 0.42mg (21.03%), Manganese: 0.42mg (20.92%), Fiber: 4.85g (19.4%), Folate: 72.49µg (18.12%), Magnesium: 71.22mg (17.81%), Calcium: 94.08mg (9.41%), Vitamin E: 1.28mg (8.54%), Vitamin D: 0.27µg (1.77%)