



WHATSheATE



Braised Beef with Sun-Dried Tomatoes



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



2 pounds beef stew meat cut into 1-inch cubes



0.3 teaspoon pepper black freshly ground



1 tablespoon brown sugar



1 cup cooking wine dry red



1 tablespoon flour all-purpose



0.3 cup parsley fresh chopped



1.5 teaspoons rosemary fresh chopped

- ☐ 2 garlic cloves minced
- ☐ 1 cup less-sodium beef broth
- ☐ 2 teaspoons olive oil
- ☐ 2 medium onions vertically sliced
- ☐ 0.8 teaspoon salt
- ☐ 1 cup sun-dried tomato halves packed cut into strips (2 1/2 ounces)
- ☐ 1.8 cups water
- ☐ 1 tablespoon worcestershire sauce

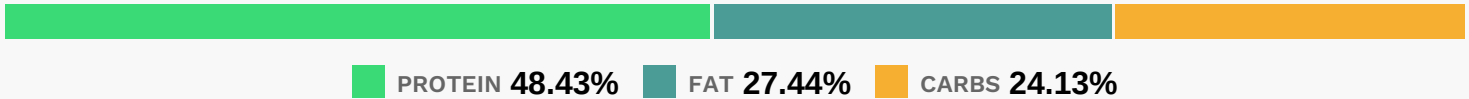
Equipment

- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large Dutch oven over medium-high heat.
- ☐ Add beef; cook 4 minutes, browning on all sides.
- ☐ Add sliced onion; cook for 7 minutes or until onion is softened, stirring occasionally.
- ☐ Add minced garlic; cook 1 minute, stirring frequently. Stir in flour; cook 2 minutes, stirring often.
- ☐ Stir in water and next 9 ingredients (through bay leaf). Reduce heat to medium-low; cover and simmer 1 hour. Uncover and simmer 30 minutes or until beef is tender. Discard bay leaf.
- ☐ Sprinkle each serving with parsley.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:2.97, Inflammation Score:-6, Nutrition Score:19.612174106681%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin:

0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 253.61kcal (12.68%), Fat: 7.09g (10.91%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 11.75g (4.27%), Sugar: 8.03g (8.92%), Cholesterol: 70.31mg (23.44%), Sodium: 384.2mg (16.7%), Alcohol: 3.15g (100%), Alcohol %: 1.45% (100%), Protein: 28.17g (56.34%), Selenium: 32.76µg (46.81%), Vitamin B3: 9.04mg (45.21%), Vitamin B6: 0.83mg (41.58%), Vitamin K: 38.87µg (37.02%), Vitamin B12: 2.1µg (34.96%), Zinc: 5.08mg (33.9%), Phosphorus: 305.44mg (30.54%), Potassium: 992.93mg (28.37%), Iron: 3.96mg (22%), Copper: 0.34mg (16.89%), Manganese: 0.34mg (16.89%), Vitamin B2: 0.27mg (15.67%), Magnesium: 59.05mg (14.76%), Vitamin B1: 0.2mg (13.52%), Vitamin C: 10.44mg (12.65%), Fiber: 2.28g (9.13%), Folate: 34.14µg (8.54%), Vitamin B5: 0.83mg (8.34%), Vitamin A: 282.08IU (5.64%), Calcium: 52.74mg (5.27%), Vitamin E: 0.51mg (3.39%)