



Burgundy Beef

 Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds round steak
- 2 tablespoons shortening
- 3 large onion sliced
- 2.5 cups mushrooms fresh sliced
- 2 tablespoons flour all-purpose
- 1 teaspoon salt
- 0.5 teaspoon marjoram dried fresh snipped
- 0.5 teaspoon thyme sprigs dried fresh snipped

- 0.1 teaspoon pepper
- 0.5 cup beef bouillon from cube
- 1 cup wine dry red

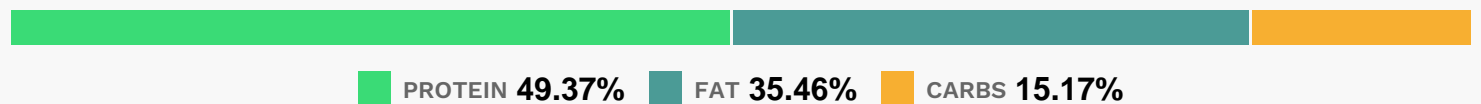
Equipment

- dutch oven

Directions

- Cut beef into 1-inch cubes. Melt shortening in Dutch oven.
- Cook beef in shortening over medium heat until brown; remove. Cook onions and mushrooms in Dutch oven, stirring occasionally, until onions are tender, adding shortening if necessary.
- Remove mushrooms and onions; cover and refrigerate.
- Return beef to Dutch oven; sprinkle with flour, salt, marjoram, thyme and pepper. Stir in bouillon and Burgundy.
- Heat to boiling; reduce heat. Cover and simmer about 1 1/4 hours or until beef is tender. (Liquid should just cover beef.) If necessary, stir in additional bouillon and Burgundy (1 part bouillon to 2 parts Burgundy).
- Add mushrooms and onions; heat through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:3.23, Inflammation Score:-7, Nutrition Score:21.861304529983%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.77mg, Isorhamnetin: 3.77mg, Isorhamnetin: 3.77mg, Isorhamnetin: 3.77mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.13mg,

Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 15.46mg, Quercetin: 15.46mg, Quercetin: 15.46mg, Quercetin: 15.46mg

Nutrients (% of daily need)

Calories: 332.19kcal (16.61%), Fat: 11.78g (18.12%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 9.56g (3.48%), Sugar: 3.98g (4.42%), Cholesterol: 95.25mg (31.75%), Sodium: 553.41mg (24.06%), Alcohol: 4.2g (100%), Alcohol %: 1.59% (100%), Protein: 36.9g (73.79%), Selenium: 48.33µg (69.04%), Vitamin B3: 12.27mg (61.36%), Vitamin B6: 1.14mg (57.13%), Vitamin B12: 2.89µg (48.13%), Zinc: 6.84mg (45.63%), Phosphorus: 397.38mg (39.74%), Vitamin B2: 0.44mg (26.17%), Potassium: 784.17mg (22.4%), Iron: 3.76mg (20.88%), Vitamin B5: 1.76mg (17.57%), Copper: 0.31mg (15.73%), Vitamin B1: 0.23mg (15.44%), Magnesium: 50.23mg (12.56%), Folate: 45.79µg (11.45%), Manganese: 0.17mg (8.27%), Vitamin C: 6.66mg (8.07%), Fiber: 1.78g (7.12%), Calcium: 51.57mg (5.16%), Vitamin E: 0.74mg (4.91%), Vitamin K: 4.51µg (4.3%), Vitamin D: 0.23µg (1.54%)