



Burgundy Beef

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.8 cup cooking wine dry red
- ☐ 12 ounce extra wide egg noodles uncooked
- ☐ 8 ounce pre mushrooms
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 cups pearl onions frozen
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 2.3 pound beef pot roast refrigerated with gravy (such as burnett and son) fully cooked

☐ 0.3 cup water

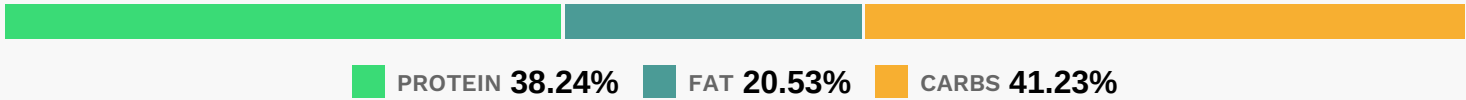
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions.
- ☐ Drain well; keep warm.
- ☐ While the noodles cook, remove beef from package, reserving gravy.
- ☐ Cut beef into thin slices.
- ☐ Combine reserved gravy, wine, and the next 4 ingredients (wine through mushrooms) in a large nonstick skillet; bring to a boil. Reduce heat to medium; cook 5 minutes. Stir in beef, and cook 2 minutes.
- ☐ Combine water and cornstarch in a small bowl.
- ☐ Add cornstarch mixture; bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:14.15, Inflammation Score:-6, Nutrition Score:22.516087112219%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 12.14mg,

Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg

Nutrients (% of daily need)

Calories: 393.49kcal (19.67%), Fat: 8.49g (13.07%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 35.61g (12.95%), Sugar: 3.87g (4.3%), Cholesterol: 118.64mg (39.55%), Sodium: 107.62mg (4.68%), Alcohol: 2.36g (100%), Alcohol %: 1.04% (100%), Protein: 35.6g (71.2%), Selenium: 67.73µg (96.76%), Zinc: 8.06mg (53.74%), Vitamin B12: 2.83µg (47.11%), Vitamin B3: 8.65mg (43.26%), Vitamin B6: 0.82mg (40.88%), Phosphorus: 400.85mg (40.09%), Manganese: 0.49mg (24.35%), Vitamin B2: 0.38mg (22.55%), Iron: 3.71mg (20.6%), Potassium: 706.24mg (20.18%), Copper: 0.36mg (17.95%), Vitamin B5: 1.72mg (17.21%), Magnesium: 63.02mg (15.76%), Vitamin B1: 0.22mg (14.73%), Folate: 45.28µg (11.32%), Fiber: 2.77g (11.08%), Vitamin C: 4.98mg (6.03%), Calcium: 50.99mg (5.1%), Vitamin E: 0.57mg (3.77%), Vitamin K: 2.86µg (2.72%), Vitamin D: 0.31µg (2.08%)