



Burgundy Beef from Campbell's

READY IN



35 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups baby carrots whole frozen
- 1 pound beef sirloin steak boneless cut into 1-inch pieces
- 1 tablespoon butter
- 6 ounces extra wide egg noodles cooked drained
- 4 servings parsley fresh chopped
- 0.1 teaspoon garlic powder
- 10.5 ounce campbell's® mushroom gravy canned
- 0.5 cup onions whole white frozen
- 0.3 cup tomato paste

0.3 cup burgundy wine dry red

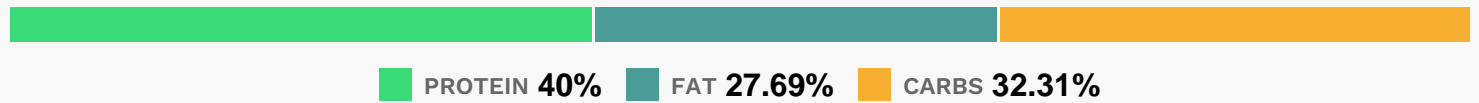
Equipment

frying pan

Directions

- Heat the butter in a 12-inch skillet over medium-high heat.
- Add the beef and cook until well browned, stirring often.
- Pour off any fat.
- Stir the gravy, carrots, onions, tomato paste, wine and garlic powder in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the beef is cooked through.
- Serve the beef mixture over the noodles.
- Sprinkle with the parsley.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:6.64, Inflammation Score:-10, Nutrition Score:24.667391436255%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 311.48kcal (15.57%), Fat: 9.18g (14.13%), Saturated Fat: 4.13g (25.82%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 21.06g (7.66%), Sugar: 6.59g (7.33%), Cholesterol: 92.72mg (30.91%), Sodium: 598.87mg (26.04%),

Alcohol: 1.58g (100%), Alcohol %: 0.59% (100%), Protein: 29.85g (59.7%), Vitamin A: 7302.67IU (146.05%), Vitamin K: 73.55µg (70.05%), Selenium: 46.55µg (66.5%), Vitamin B6: 0.85mg (42.34%), Vitamin B3: 8.35mg (41.77%), Zinc: 5.08mg (33.87%), Phosphorus: 307.97mg (30.8%), Potassium: 754.11mg (21.55%), Vitamin B12: 1.11µg (18.5%), Iron: 3.29mg (18.29%), Manganese: 0.3mg (15.07%), Vitamin C: 11.64mg (14.1%), Magnesium: 50.83mg (12.71%), Copper: 0.25mg (12.55%), Fiber: 3.05g (12.22%), Vitamin B2: 0.2mg (11.62%), Vitamin B5: 1.11mg (11.14%), Folate: 42.67µg (10.67%), Vitamin B1: 0.14mg (9.02%), Vitamin E: 1.21mg (8.07%), Calcium: 62.34mg (6.23%)