



 **54%**
HEALTH SCORE

Burgundy Roast Beef

 Dairy Free

READY IN



280 min.

SERVINGS



8

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 ounce onion soup mix dry
- 2 tablespoons flour all-purpose
- 4 pounds top round beef roast
- 0.5 cup burgundy wine

Equipment

- bowl
- oven

- whisk
- roasting pan
- aluminum foil

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Place a large sheet of heavy-duty aluminum foil in a shallow roasting pan.
- Place rump roast in the roasting pan.
- Pour mushroom soup over the roast and sprinkle with onion soup mix.
- Whisk wine and flour together in a small bowl; pour over the roast and top with mushrooms.
- Fold the foil over the roast and crimp edges together to seal.
- Bake in preheated oven for 4 1/2 hours.
- Let stand 10 minutes before serving.

Nutrition Facts

PROTEIN 61.06% **FAT 31.84%** **CARBS 7.1%**

Properties

Glycemic Index:11.25, Glycemic Load:1.1, Inflammation Score:-4, Nutrition Score:26.225652027794%

Nutrients (% of daily need)

Calories: 370.41kcal (18.52%), Fat: 12.19g (18.76%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 5.76g (2.1%), Sugar: 0.29g (0.32%), Cholesterol: 142.52mg (47.51%), Sodium: 682.48mg (29.67%), Alcohol: 1.56g (100%), Alcohol %: 0.69% (100%), Protein: 52.62g (105.23%), Selenium: 63.67µg (90.95%), Vitamin B3: 15.86mg (79.28%), Vitamin B6: 1.53mg (76.29%), Vitamin B12: 4.26µg (70.94%), Zinc: 9.93mg (66.17%), Phosphorus: 511.16mg (51.12%), Iron: 5.13mg (28.47%), Potassium: 863.78mg (24.68%), Vitamin B2: 0.41mg (24.01%), Vitamin B1: 0.24mg (16.26%), Copper: 0.31mg (15.74%), Magnesium: 61.29mg (15.32%), Vitamin B5: 1.11mg (11.05%), Manganese: 0.2mg (10.05%), Folate: 35.73µg (8.93%), Calcium: 51.16mg (5.12%), Vitamin E: 0.69mg (4.57%), Vitamin K: 2.78µg (2.64%), Fiber: 0.36g (1.44%)