

Chux Beef Tips

 **Gluten Free**  **Dairy Free**

READY IN



160 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef stew meat cubed
- 0.8 ounce brown gravy mix dry
- 1 cup cooking wine dry red carlo rossi paisano® (such as)
- 1 teaspoon garlic chopped
- 1 teaspoon coarsely ground pepper black
- 1 teaspoon kosher salt
- 3 tablespoons olive oil extra-virgin
- 1 onion chopped

- 1 teaspoon cracked pepper black
- 0.3 cup soya sauce
- 2 cups water
- 0.3 cup worcestershire sauce

Equipment

- frying pan
- slow cooker

Directions

- Heat olive oil in a large skillet over high heat; cook and stir onion in hot oil until browned, about 15 minutes.
- Add beef, garlic, ground black pepper, and cracked pepper to the hot oil; cook until stew meat is browned and garlic is golden, about 10 more minutes.
- Pour water, red wine, soy sauce, and Worcestershire sauce into a slow cooker and stir brown gravy mix and kosher salt into wine mixture until gravy mix dissolves; add beef mixture to slow cooker and stir to combine. Cook on High until mixture nearly comes to a boil, about 1 hour; reduce heat to Low and cook until beef is tender and sauce has thickened, 1 more hour.

Nutrition Facts

PROTEIN 47.13% **FAT 44.34%** **CARBS 8.53%**

Properties

Glycemic Index:22.67, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:18.826521541761%

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: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 332.62kcal (16.63%), Fat: 14.61g (22.48%), Saturated Fat: 3.55g (22.21%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.75g (2.09%), Sugar: 2.22g (2.46%), Cholesterol: 93.74mg (31.25%), Sodium: 1186.03mg (51.57%), Alcohol: 4.2g (100%), Alcohol %: 1.65% (100%), Protein: 34.94g (69.89%), Selenium: 42.21µg (60.3%), Vitamin B3: 10.71mg (53.55%), Vitamin B6: 1.04mg (51.84%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.41mg (42.71%), Phosphorus: 351.65mg (35.17%), Iron: 4.11mg (22.81%), Potassium: 665.53mg (19.01%), Vitamin B2: 0.28mg (16.37%), Magnesium: 45.54mg (11.39%), Vitamin B1: 0.16mg (10.97%), Copper: 0.21mg (10.73%), Vitamin E: 1.48mg (9.88%), Manganese: 0.19mg (9.37%), Vitamin B5: 0.73mg (7.3%), Vitamin K: 7.32µg (6.97%), Folate: 25.92µg (6.48%), Calcium: 53.67mg (5.37%), Vitamin C: 3mg (3.64%), Fiber: 0.57g (2.27%)