



 **41%**
HEALTH SCORE

Easy Beef Bourguignon

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef chuck (stewing beef)
- 4 medium carrots roughly chopped
- 1 large onion roughly chopped
- 2 pints mushrooms rinsed cut in half (20 mushrooms)
- 2 pints mushrooms rinsed cut in half (20 mushrooms)
- 1 cup red wine
- 2 cups beef broth
- 0.5 teaspoon thyme dried

- 0.5 teaspoon rosemary dried
- 0.3 teaspoon ground pepper
- 1.5 tablespoons flour
- 2 tablespoons olive oil extra virgin

Equipment

- bowl
- pot

Directions

- Cut your vegetables and set aside (put mushrooms in a separate bowl).
- Cut beef into bite size and put in a bowl.
- Sprinkle flour over and toss the meat around to coat lightly. With a large pot over high heat, add 1 tbsp olive oil. Wait for about a minute until the pot is really hot and add your beef (otherwise your meat will stay a grey color instead of a nice golden brown. If you do not have a large pot, do your beef in batches so as not to crowd the pot). Cook for about 5 minutes and turn the meat over. Cook for another 3–4 minutes until you get a nice color and remove from the pot (do not turn off the heat). Put aside in a bowl.
- Add 1 tbsp olive oil to the pot and add onions, carrots, thyme and rosemary. Cook for about 7 minutes (stir frequently to keep the bottom of the pot from burning).
- Put the meat back in the pot and add wine. Bring to boil, lower the heat and simmer for 5 minutes.
- Add bay leaf, cayenne pepper, beef broth, and bring to boil. Lower the heat, cover, and simmer for 20 minutes.
- Add mushrooms and simmer for 30 minutes.
- Remove bay leaf, season with salt and pepper, and serve.

Nutrition Facts



PROTEIN 33.24% **FAT 42.36%** **CARBS 24.4%**

Properties

Glycemic Index:82.46, Glycemic Load:7.93, Inflammation Score:-10, Nutrition Score:48.496086956522%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Taste

Sweetness: 26.58%, Saltiness: 100%, Sourness: 29.43%, Bitterness: 36.85%, Savoriness: 75.43%, Fattiness: 56.86%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 480.53kcal (24.03%), Fat: 22.14g (34.05%), Saturated Fat: 7.1g (44.38%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 21.45g (7.8%), Sugar: 14.24g (15.83%), Cholesterol: 78.24mg (26.08%), Sodium: 608.21mg (26.44%), Alcohol: 6.36g (35.33%), Protein: 39.08g (78.16%), Vitamin A: 10264.51IU (205.29%), Vitamin B2: 2.17mg (127.73%), Vitamin B3: 23.88mg (119.41%), Selenium: 69.54µg (99.35%), Copper: 1.63mg (81.41%), Vitamin B5: 8.05mg (80.47%), Zinc: 11.31mg (75.42%), Phosphorus: 686.54mg (68.65%), Potassium: 2278.87mg (65.11%), Vitamin B12: 3.37µg (56.15%), Vitamin B6: 1.11mg (55.35%), Vitamin B1: 0.54mg (36.28%), Iron: 5.8mg (32.24%), Fiber: 7.24g (28.96%), Folate: 111.22µg (27.8%), Manganese: 0.49mg (24.61%), Magnesium: 85.91mg (21.48%), Vitamin C: 16.48mg (19.97%), Vitamin K: 16.61µg (15.82%), Vitamin E: 1.73mg (11.53%), Calcium: 77.43mg (7.74%), Vitamin D: 1.06µg (7.07%)