



French Onion-Beef Bowl

READY IN



45 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 10.5 ounce beef consommé canned
- ☐ 0.5 teaspoon pepper black
- ☐ 4 cups soba noodles hot cooked uncooked (8 ounces buckwheat noodles)
- ☐ 1 cup cooking wine dry white
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 cups garlic-flavored croutons

- ☐ 4 garlic cloves crushed
- ☐ 2 ounces jarlsberg cheese shredded
- ☐ 6 cups onion vertically sliced (3 onions)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds boned sirloin steak thinly sliced
- ☐ 1 tablespoon stick margarine
- ☐ 1 teaspoon sugar
- ☐ 3 cups water
- ☐ 1 tablespoon worcestershire sauce
- ☐ 2 teaspoons or dried fresh chopped

Equipment

- ☐ bowl
- ☐ whisk
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine the first 5 ingredients in a large zip-top plastic bag. Seal and marinate in refrigerator 1 to 4 hours.
- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add onion and sugar, and cook 10 minutes or until golden brown, stirring frequently. Reduce heat to medium. Cover and cook 10 minutes, stirring frequently. Stir flour into onion mixture, and cook, uncovered, 2 minutes.
- ☐ Add water, wine, broth, and consomm, stirring with a whisk. Bring to a boil; partially cover, reduce heat, and simmer 20 minutes.
- ☐ Add the beef mixture, Worcestershire, pepper, and salt; cook, uncovered, 5 minutes.
- ☐ Place noodles into each of 6 large bowls; top with broth mixture, croutons, and cheese.

Nutrition Facts



Properties

Glycemic Index:60.18, Glycemic Load:10.92, Inflammation Score:-9, Nutrition Score:29.625217753908%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 33.33mg, Quercetin: 33.33mg, Quercetin: 33.33mg, Quercetin: 33.33mg

Nutrients (% of daily need)

Calories: 578.49kcal (28.92%), Fat: 22.31g (34.32%), Saturated Fat: 9.12g (56.98%), Carbohydrates: 53.71g (17.9%), Net Carbohydrates: 49.56g (18.02%), Sugar: 9.56g (10.62%), Cholesterol: 70.25mg (23.42%), Sodium: 844.99mg (36.74%), Alcohol: 4.12g (100%), Alcohol %: 0.74% (100%), Protein: 36.11g (72.22%), Vitamin K: 89.63µg (85.36%), Manganese: 1.45mg (72.26%), Vitamin B6: 1.28mg (64.22%), Vitamin B12: 3.34µg (55.68%), Selenium: 29.6µg (42.29%), Vitamin C: 33.8mg (40.97%), Phosphorus: 368.26mg (36.83%), Zinc: 4.82mg (32.13%), Vitamin B3: 6.2mg (30.99%), Iron: 5.18mg (28.8%), Potassium: 944.63mg (26.99%), Vitamin B1: 0.4mg (26.62%), Calcium: 232.72mg (23.27%), Vitamin B2: 0.38mg (22.42%), Copper: 0.36mg (17.98%), Magnesium: 69.71mg (17.43%), Fiber: 4.15g (16.58%), Folate: 61.75µg (15.44%), Vitamin A: 600.13IU (12%), Vitamin B5: 1.17mg (11.69%), Vitamin E: 0.21mg (1.43%)