



## Ground Beef Marsala Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



431 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup cooking sherry dry
- 0.3 cup flour all-purpose
- 2 tablespoons garlic minced
- 1 pound ground beef
- 0.8 cup marsala wine dry
- 0.5 cup mushrooms sliced
- 0.5 cup water

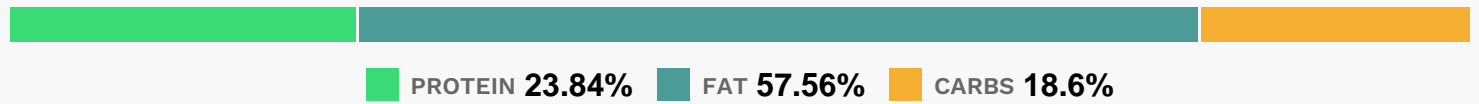
### Equipment

frying pan

## Directions

- Cook the ground beef with the garlic and mushrooms in a large skillet over high heat until no pink remains, about 10 minutes; do not drain.
- Add the flour and continue to cook for five minutes.
- Pour in the Marsala wine, sherry, and water. Stir and bring to a boil; reduce heat to low and simmer covered for 10 minutes.
- Serve over the pasta of your choice.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:6.33, Inflammation Score:-4, Nutrition Score:12.771739040137%

## Flavonoids

Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 42.69mg, Malvidin: 42.69mg, Malvidin: 42.69mg, Malvidin: 42.69mg Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg Catechin: 4.67mg, Catechin: 4.67mg, Catechin: 4.67mg, Catechin: 4.67mg Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## Nutrients (% of daily need)

Calories: 431.15kcal (21.56%), Fat: 22.84g (35.14%), Saturated Fat: 8.73g (54.54%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 16.12g (5.86%), Sugar: 4.09g (4.55%), Cholesterol: 80.51mg (26.84%), Sodium: 84.49mg (3.67%), Alcohol: 9.98g (100%), Alcohol %: 5.17% (100%), Protein: 21.28g (42.57%), Vitamin B12: 2.43µg (40.53%), Zinc: 4.99mg (33.28%), Selenium: 22.48µg (32.11%), Vitamin B3: 6mg (29.99%), Vitamin B6: 0.45mg (22.4%), Phosphorus: 216.31mg (21.63%), Vitamin B2: 0.28mg (16.74%), Iron: 3mg (16.67%), Potassium: 434.22mg (12.41%), Manganese: 0.24mg (12.18%), Vitamin B1: 0.16mg (10.52%), Vitamin B5: 0.85mg (8.46%), Copper: 0.16mg (8.02%), Magnesium: 31mg (7.75%), Folate: 29.46µg (7.37%), Calcium: 36.76mg (3.68%), Vitamin E: 0.48mg (3.17%), Vitamin K: 2.26µg (2.15%), Fiber: 0.49g (1.94%), Vitamin C: 1.5mg (1.82%)