

 **92%**  
HEALTH SCORE

## Hunter-Style Grillades

 Dairy Free  Very Healthy

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**479 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon balsamic vinegar
- 2 bay leaves
- 0.1 teaspoon pepper black
- 6 servings pepper black freshly ground
- 2 cups beef broth homemade canned ( or )
- 1.5 cups canned tomatoes canned drained chopped (from a 28-ounce can)
- 0.3 teaspoon ground pepper
- 1 cup celery chopped ( 2 ribs)

- 1 pound crimini mushrooms fresh quartered (or baby bella)
- 0.5 cup wine dry red
- 0.5 cup flour all-purpose
- 2 tablespoons parsley fresh chopped
- 1 tablespoon rosemary leaves fresh minced
- 2 tablespoons thyme sprigs fresh minced
- 1 tablespoon garlic chopped
- 1 teaspoon kosher salt
- 6 servings kosher salt
- 0.3 cup olive oil
- 2 cups onion chopped (1 large)
- 1 cup bell pepper red chopped (from 1 large)
- 1 pound round steak (1/)
- 1.5 pounds round steak (1/)

## Equipment

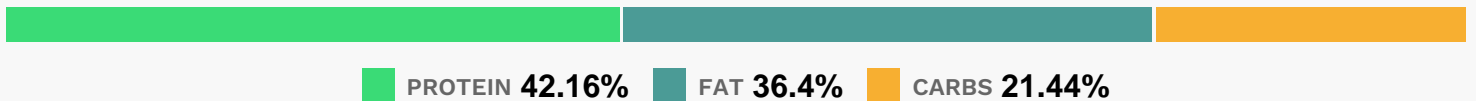
- bowl
- frying pan
- pot
- plastic wrap
- meat tenderizer

## Directions

- Cut beef and veal into 2-inch pieces.
- Combine flour, kosher salt, and freshly ground black pepper in a small bowl.
- Place each piece of meat between two sheets of plastic wrap and gently pound meat to 1/4-inch thickness with flat side of a meat pounder, turning meat over occasionally.
- Lightly coat each piece of meat with seasoned flour.

- Heat olive oil in a wide 5- to 6-quart heavy pot over moderately high heat until hot but not smoking. Saut meat (working in batches if necessary), stirring constantly and turning over, until evenly and lightly browned on both sides, 5 to 6 minutes.
- Remove meat from pan and set aside.
- Add onion, bell pepper, celery, and mushrooms and cook, stirring and scraping up any brown bits from bottom and side of pot, until softened, 5 to 6 minutes.
- Add tomatoes and garlic and cook, stirring frequently and scraping bottom and side of pot, 3 minutes.
- Return meat to pan.
- Add bay leaves, thyme, rosemary, salt, cayenne, black pepper, broth, and wine, then reduce heat and simmer, partially covered, stirring occasionally, until meat is very tender, about 1 1/2 hours. Taste broth, and add balsamic vinegar to cut the richness of the braising liquid if desired.
- Garnish with chopped fresh parsley.

## Nutrition Facts



### Properties

Glycemic Index:76.17, Glycemic Load:8.98, Inflammation Score:-10, Nutrition Score:40.127826016882%

### Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.43mg, Apigenin: 3.43mg, Apigenin: 3.43mg, Apigenin: 3.43mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg

### Nutrients (% of daily need)

Calories: 478.74kcal (23.94%), Fat: 18.81g (28.94%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 20.83g (7.57%), Sugar: 7.95g (8.84%), Cholesterol: 119.07mg (39.69%), Sodium: 1090.02mg

(47.39%), Alcohol: 2.1g (100%), Alcohol %: 0.48% (100%), Protein: 49.02g (98.04%), Selenium: 78.73µg (112.47%), Vitamin B3: 18.33mg (91.67%), Vitamin B6: 1.62mg (81.2%), Zinc: 9.43mg (62.89%), Vitamin B12: 3.7µg (61.73%), Phosphorus: 583.78mg (58.38%), Vitamin C: 47.9mg (58.06%), Vitamin B2: 0.84mg (49.34%), Potassium: 1445.7mg (41.31%), Vitamin K: 39.47µg (37.59%), Copper: 0.75mg (37.45%), Iron: 6.61mg (36.73%), Vitamin B5: 2.85mg (28.53%), Vitamin B1: 0.43mg (28.47%), Manganese: 0.53mg (26.64%), Folate: 103.27µg (25.82%), Vitamin A: 1254.81IU (25.1%), Magnesium: 85.99mg (21.5%), Vitamin E: 3.12mg (20.79%), Fiber: 4.09g (16.38%), Calcium: 116.04mg (11.6%), Vitamin D: 0.26µg (1.76%)