



KRAFT MAKERS Beef Burgundy

 Dairy Free  Very Healthy

READY IN



495 min.

SERVINGS



6

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb baby carrots
- 1 bay leaf
- 2 lb beef stew meat
- 0.8 cup cooking wine dry red
- 0.3 cup flour
- 1 lb mushrooms fresh sliced
- 2 Tbsp parsley fresh chopped
- 16.6 oz recipe makers new england pot roast kraft

1.5 cups rice long-grain white uncooked

Equipment

slow cooker

Directions

Toss meat with flour; place in slow cooker.

Add carrots, mushrooms, wine, bay leaf and Simmer Sauce; cover.

Cook on LOW 8 to 10 hours (or on HIGH 4 to 6 hours).

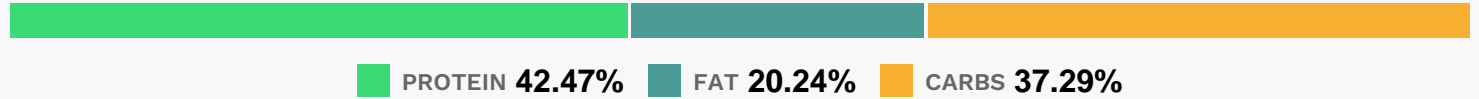
Minutes Before Serving

Cook rice as directed on package, omitting salt. Meanwhile, add Finishing Sauce to slow cooker; mix well.

Discard bay leaf.

Serve meat mixture over rice; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:33.36, Glycemic Load:25.69, Inflammation Score:-10, Nutrition Score:40.592173939166%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 576.97kcal (28.85%), Fat: 12.18g (18.74%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 46.78g (17.01%), Sugar: 5.18g (5.75%), Cholesterol: 144.72mg (48.24%), Sodium: 208.59mg (9.07%), Alcohol: 3.15g (100%), Alcohol %: 0.86% (100%), Protein: 57.54g (115.07%), Vitamin A: 10532.8IU (210.66%), Selenium: 77.56µg (110.8%), Vitamin B3: 18.53mg (92.63%), Vitamin B6: 1.61mg (80.42%), Zinc: 11.66mg (77.76%), Vitamin B12: 4.48µg (74.71%), Phosphorus: 628.47mg (62.85%), Vitamin B2: 0.75mg (44.38%), Manganese: 0.72mg (36.24%), Potassium: 1261.42mg (36.04%), Iron: 6.45mg (35.82%), Copper: 0.65mg (32.34%), Vitamin B5: 3.1mg (31.04%), Vitamin K: 30.7µg (29.24%), Vitamin B1: 0.36mg (23.95%), Magnesium: 82.05mg (20.51%), Folate: 78.3µg (19.58%), Fiber: 3.74g (14.95%), Calcium: 82.57mg (8.26%), Vitamin C: 5.25mg (6.36%), Vitamin E: 0.75mg (5.01%), Vitamin D: 0.23µg (1.53%)