



Moroccan Braised Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 14.5 ounce frangelico diced canned
- ☐ 0.5 teaspoon ground pepper
- ☐ 2.5 pounds beef chuck boneless cut into 3/4-inch cubes
- ☐ 1 cup wine dry red
- ☐ 0.5 cup sherry dry
- ☐ 1 tablespoon garam masala
- ☐ 3 garlic clove chopped

- ☐ 1.5 cups golden raisins
- ☐ 1 teaspoon ground cumin
- ☐ 3 tablespoons olive oil divided
- ☐ 2 cups onion chopped
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon turmeric

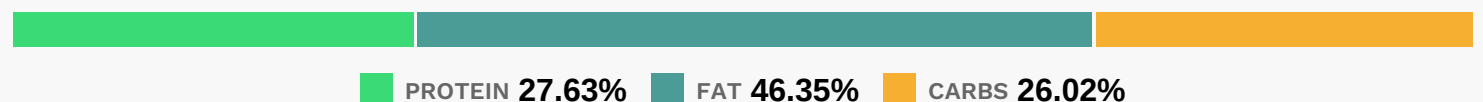
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat 2 tablespoons oil in large pot over medium-high heat.
- ☐ Sprinkle meat with salt and pepper.
- ☐ Add meat to pot; sauté until no longer pink, about 5 minutes.
- ☐ Transfer meat to bowl.
- ☐ Heat 1 tablespoon oil in same pot.
- ☐ Add onions; sauté until brown, about 8 minutes.
- ☐ Add garlic and next 5 ingredients; stir 1 minute.
- ☐ Add wine and Sherry; boil until reduced to glaze, stirring occasionally, about 8 minutes.
- ☐ Add broth, tomatoes with juice, and raisins; stir to blend.
- ☐ Add beef and accumulated juices; bring to simmer. Reduce heat to medium-low. Simmer uncovered until sauce is thick and beef is tender, stirring occasionally, about 1 hour 15 minutes. Season stew with salt and pepper. (Can be made 2 days ahead. Cool slightly, chill until cold, then cover and keep chilled. Rewarm before serving.)
- ☐ *An Indian spice mixture available in the spice section of many supermarkets.

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:12.67, Inflammation Score:-9, Nutrition Score:19.676521858443%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.88mg, Malvidin: 7.88mg, Malvidin: 7.88mg, Malvidin: 7.88mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 449.38kcal (22.47%), Fat: 22.1g (34%), Saturated Fat: 8.03g (50.17%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 25.62g (9.32%), Sugar: 18.06g (20.06%), Cholesterol: 97.81mg (32.6%), Sodium: 345.44mg (15.02%), Alcohol: 4.7g (100%), Alcohol %: 1.59% (100%), Protein: 29.64g (59.28%), Zinc: 10.9mg (72.69%), Vitamin B12: 3.91µg (65.2%), Selenium: 30.27µg (43.24%), Vitamin B6: 0.73mg (36.56%), Vitamin B3: 7.09mg (35.47%), Phosphorus: 327.69mg (32.77%), Potassium: 809.53mg (23.13%), Iron: 4.12mg (22.9%), Vitamin B2: 0.3mg (17.49%), Magnesium: 46.33mg (11.58%), Manganese: 0.23mg (11.32%), Copper: 0.21mg (10.72%), Vitamin A: 505.49IU (10.11%), Vitamin B5: 1mg (10.05%), Fiber: 2.3g (9.18%), Vitamin E: 1.37mg (9.14%), Vitamin B1: 0.12mg (8.23%), Vitamin K: 7.31µg (6.96%), Calcium: 59.49mg (5.95%), Vitamin C: 4.34mg (5.26%), Folate: 14.69µg (3.67%)