



Multi mince

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



8

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tbsp olive oil
- 1 kg ground beef lean minced
- 2 bacon chopped
- 2 onion finely chopped
- 2 garlic clove finely chopped
- 150 ml red wine
- 500 ml beef stock fine (from a cube is)
- 1 leaves thyme sprigs

Equipment

- frying pan

Directions

- Heat the olive oil in a non-stick frying pan. When hot, tip in the mince and cook for 10 mins until browned all over, breaking up any lumps with the back of a spoon. Tip onto a plate. You may need to do this in batches.
- Add the bacon to the pan with the onions and garlic, then cook for 7 mins until the bacon is cooked and onion softened. Return the mince to the pan, then pour in the red wine, stock and thyme leaves. Bring to a boil, then simmer for 30 mins until the mince is tender and the sauce has reduced down. Once cool, can be frozen for up to 3 months.

Nutrition Facts



PROTEIN 48.22% **FAT 44.86%** **CARBS 6.92%**

Properties

Glycemic Index:14.63, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:14.477391292222%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.38mg, Petunidin: 0.38mg, Petunidin: 0.38mg, Petunidin: 0.38mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 2.63mg, Malvidin: 2.63mg, Malvidin: 2.63mg, Malvidin: 2.63mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 261.78kcal (13.09%), Fat: 12.02g (18.5%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.67g (1.34%), Sugar: 1.63g (1.82%), Cholesterol: 81.13mg (27.04%), Sodium: 246.51mg (10.72%),

Alcohol: 2.02g (100%), Alcohol %: 1.04% (100%), Protein: 29.08g (58.15%), Vitamin B12: 2.83µg (47.13%), Zinc: 6.62mg (44.13%), Vitamin B3: 7.72mg (38.62%), Selenium: 23.9µg (34.14%), Vitamin B6: 0.59mg (29.65%), Phosphorus: 288.7mg (28.87%), Iron: 3.37mg (18.71%), Potassium: 628.79mg (17.97%), Vitamin B2: 0.28mg (16.36%), Magnesium: 38.02mg (9.5%), Vitamin B5: 0.88mg (8.78%), Copper: 0.15mg (7.3%), Vitamin B1: 0.1mg (6.83%), Vitamin E: 0.89mg (5.93%), Manganese: 0.09mg (4.42%), Folate: 13.01µg (3.25%), Vitamin C: 2.47mg (2.99%), Calcium: 26.34mg (2.63%), Vitamin K: 2.74µg (2.61%), Fiber: 0.5g (2%)