

food
network



HEALTH SCORE

69%

Nanny Flay's Sauerbraten with Braised Cabbage and Noodles



Very Healthy

READY IN

**130 min.**

SERVINGS

**8**

CALORIES

**971 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 bay leaves



8 peppercorns black



3 tablespoons canola oil



1 large carrots peeled sliced thin



2 stalk celery coarsely chopped



0.5 cup reserved cooking liquid from sauerbraten



1.5 pounds extra wide egg noodles

- ☐ 0.3 cup flat-leaf parsley finely chopped
- ☐ 3 tablespoons flour
- ☐ 6 sprigs thyme leaves fresh
- ☐ 3 cloves garlic crushed
- ☐ 12 gingersnaps crushed finely
- ☐ 2 tablespoons honey
- ☐ 8 sprigs parsley
- ☐ 3 pounds cabbage shredded red cored
- ☐ 4 pound boned and rolled beef rump roast
- ☐ 8 servings salt and pepper freshly ground
- ☐ 3 tablespoons butter unsalted
- ☐ 4 tablespoons butter unsalted
- ☐ 4 cups water cold
- ☐ 0.5 cup white wine
- ☐ 1 cup citrus champagne vinegar
- ☐ 1 large onion yellow peeled halved thinly sliced
- ☐ 2 medium size onions yellow peeled coarsely chopped

Equipment

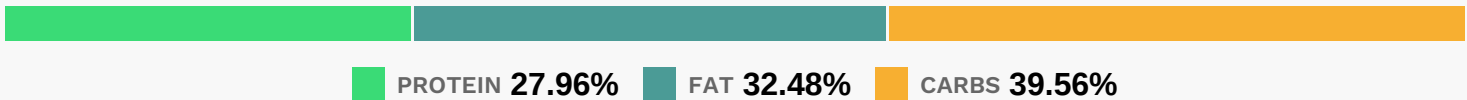
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat the oil in a large Dutch oven. Season the beef with salt and pepper, and cook until golden brown on all sides, about 15 minutes.

- ☐ Add onions, celery, carrot, garlic, white wine vinegar, white wine water, cloves, peppercorns, bay leaves, parsley, thyme and salt and pepper, to taste. Cover, and simmer 1 1/2 hours, turn meat, re-cover, and simmer 1 to 1 1/2 hours longer until tender.
- ☐ Transfer to a large platter and keep warm. Strain cooking liquid into a bowl, remove 1/2 cup to be used for the braised cabbage and set aside.
- ☐ Heat butter in a heavy medium saucepan over medium heat, whisk in flour and cook until golden brown, about 2 minutes.
- ☐ Whisk in cooking liquid, reduce heat to low, and cook, stirring, until thickened and season with salt and pepper to taste.
- ☐ Mix in gingersnaps and honey, to taste. Carve meat at the table (not too thin or slices will crumble) and serve with plenty of gravy. Or carve in the kitchen, arrange slices slightly overlapping on a platter, and pour some of the gravy down the center; pass the rest.
- ☐ Serve with braised cabbage and buttered noodles.
- ☐ Heat butter in a large saute pan over medium heat.
- ☐ Add onion and cook until soft.
- ☐ Add the cabbage, cooking liquid and wine and season with salt and pepper, to taste. Cover and cook until the cabbage is wilted, about 15 to 20 minutes.
- ☐ Cook the noodles in a large pot of boiling salted water until al dente.
- ☐ Drain well, return to the pan, toss with the butter and parsley, and season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:65.26, Glycemic Load:33.63, Inflammation Score:-10, Nutrition Score:54.289130656616%

Flavonoids

Cyanidin: 356.91mg, Cyanidin: 356.91mg, Cyanidin: 356.91mg, Cyanidin: 356.91mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg 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: 6.6mg, Apigenin: 6.6mg, Apigenin: 6.6mg, Apigenin: 6.6mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 2.32mg, Isorhamnetin: 2.32mg, Isorhamnetin: 2.32mg, Isorhamnetin: 2.32mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg

Nutrients (% of daily need)

Calories: 971.07kcal (48.55%), Fat: 34.47g (53.03%), Saturated Fat: 12.08g (75.47%), Carbohydrates: 94.47g (31.49%), Net Carbohydrates: 86.32g (31.39%), Sugar: 17.23g (19.14%), Cholesterol: 238.39mg (79.46%), Sodium: 471.48mg (20.5%), Alcohol: 1.54g (100%), Alcohol %: 0.26% (100%), Protein: 66.76g (133.53%), Selenium: 132.98µg (189.97%), Vitamin C: 106.78mg (129.43%), Vitamin K: 126.69µg (120.66%), Vitamin B6: 2.14mg (106.8%), Vitamin B3: 18.59mg (92.95%), Vitamin A: 4086.73IU (81.73%), Phosphorus: 786.93mg (78.69%), Zinc: 11.75mg (78.36%), Manganese: 1.53mg (76.26%), Vitamin B12: 4.46µg (74.39%), Iron: 9.15mg (50.81%), Potassium: 1610.37mg (46.01%), Magnesium: 150.9mg (37.72%), Vitamin B2: 0.64mg (37.71%), Vitamin B1: 0.54mg (36.22%), Fiber: 8.15g (32.6%), Copper: 0.61mg (30.26%), Folate: 118.57µg (29.64%), Vitamin B5: 2.22mg (22.19%), Vitamin E: 3.1mg (20.65%), Calcium: 195.28mg (19.53%), Vitamin D: 0.44µg (2.93%)