



Oven-Braised Beef with Tomato Sauce and Garlic

 Dairy Free

READY IN



1515 min.

SERVINGS



6

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 oz canned tomatoes whole canned
- ☐ 3 lb beef chuck boneless
- ☐ 1 head cloves separated unpeeled ()
- ☐ 6 servings orzo pasta

Equipment

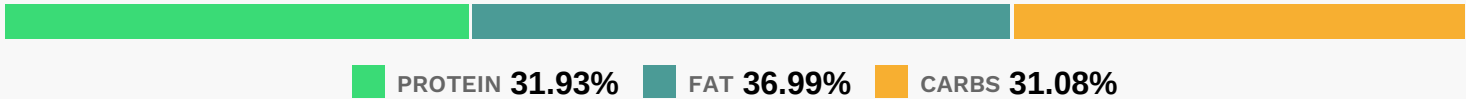
- ☐ food processor
- ☐ oven

- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 300°.
- ☐ Coarsely chop tomatoes with juice in a food processor. Put roast in an ovenproof 4- to 5-quart heavy pot or a casserole dish with a lid.
- ☐ Pour tomatoes over roast and scatter garlic around it. Season with salt and pepper. Braise in middle of oven, covered, until very tender, 3 to 4 hours.
- ☐ Cut roast into 1/4-inch-thick slices and serve with sauce and garlic.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:19.52, Inflammation Score:-6, Nutrition Score:34.662173820579%

Nutrients (% of daily need)

Calories: 658.78kcal (32.94%), Fat: 27.27g (41.96%), Saturated Fat: 11.65g (72.81%), Carbohydrates: 51.57g (17.19%), Net Carbohydrates: 47.21g (17.17%), Sugar: 7.32g (8.13%), Cholesterol: 156.49mg (52.16%), Sodium: 362.16mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.98g (105.96%), Zinc: 18.21mg (121.37%), Selenium: 82.92µg (118.45%), Vitamin B12: 6.19µg (103.19%), Vitamin B3: 12.38mg (61.89%), Phosphorus: 576.99mg (57.7%), Vitamin B6: 1.15mg (57.36%), Manganese: 0.88mg (43.93%), Iron: 7.18mg (39.92%), Potassium: 1267.18mg (36.21%), Copper: 0.54mg (27.15%), Vitamin B2: 0.43mg (25.39%), Magnesium: 99.66mg (24.92%), Vitamin B5: 2mg (20.03%), Vitamin B1: 0.3mg (19.97%), Fiber: 4.36g (17.45%), Vitamin C: 12.17mg (14.75%), Vitamin E: 2.16mg (14.41%), Vitamin K: 10.71µg (10.2%), Calcium: 96.35mg (9.63%), Folate: 34.12µg (8.53%), Vitamin A: 314.19IU (6.28%), Vitamin D: 0.23µg (1.51%)