



WHATSheATE



Quick Beef Bourguignonne



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's golden mushroom soup canned
- ☐ 4 servings kosher salt and pepper
- ☐ 10 ounce mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 16 ounce pearl onions frozen
- ☐ 2 cups red wine
- ☐ 1.3 pounds rump steak cut into 1-inch pieces

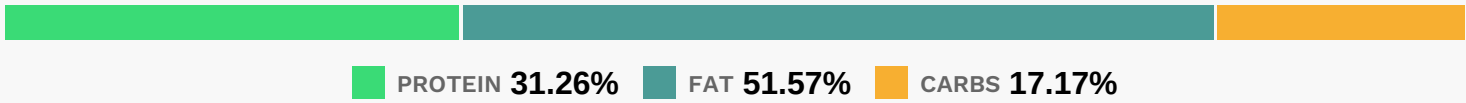
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan over medium-high heat. Season the steak with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook until browned, about 5 minutes.
- ☐ Transfer the steak to a bowl and set aside.
- ☐ Add the mushrooms and onions to the pan and cook until the liquid has evaporated.
- ☐ Add the wine and simmer until reduced by half, 5 to 6 minutes. Stir in the soup and 1/4 cup water and bring to a boil.
- ☐ Add the steak and juices from the bowl and simmer, 2 minutes. Divide into individual bowls and sprinkle with the parsley, if using.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:3.32, Inflammation Score:-7, Nutrition Score:23.072174042463%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 5.71mg, Isorhamnetin: 5.71mg, Isorhamnetin: 5.71mg, Isorhamnetin: 5.71mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 24.27mg, Quercetin: 24.27mg, Quercetin: 24.27mg, Quercetin: 24.27mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 555.05kcal (27.75%), Fat: 26.69g (41.06%), Saturated Fat: 10g (62.5%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 17.21g (6.26%), Sugar: 6.96g (7.73%), Cholesterol: 83.19mg (27.73%), Sodium: 823.47mg (35.8%), Alcohol: 12.72g (100%), Alcohol %: 3.06% (100%), Protein: 36.4g (72.79%), Vitamin B12: 4.09µg (68.18%), Selenium: 30.79µg (43.98%), Vitamin B3: 8.79mg (43.95%), Vitamin B6: 0.85mg (42.37%), Zinc: 6.22mg (41.45%), Phosphorus: 390.17mg (39.02%), Vitamin B2: 0.65mg (38.45%), Potassium: 1077.41mg (30.78%), Manganese: 0.59mg (29.27%), Copper: 0.55mg (27.37%), Iron: 4.55mg (25.27%), Vitamin B5: 1.82mg (18.21%), Vitamin B1: 0.27mg (18.17%), Magnesium: 65.81mg (16.45%), Folate: 48.63µg (12.16%), Vitamin C: 9.88mg (11.98%), Fiber: 2.79g (11.16%), Calcium: 49.52mg (4.95%), Vitamin E: 0.53mg (3.56%), Vitamin K: 3.04µg (2.9%)