



Red Wine–Braised Beef with Apple Gremolata



Gluten Free



Dairy Free

READY IN



230 min.

SERVINGS



6

CALORIES



742 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 bay leaves
- ☐ 6 servings pepper black freshly ground
- ☐ 3 medium carrots
- ☐ 3 medium celery stalks
- ☐ 4 pound beef chuck boneless
- ☐ 2 cups wine dry red
- ☐ 1 medium garlic
- ☐ 6 servings kosher salt

- ☐ 1 medium lemon zest finely grated
- ☐ 2 cups beef broth low-sodium
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup parsley fresh italian coarsely chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 2 sprigs rosemary (3-inch)
- ☐ 2 medium baking apples are apples that have a sweet-tart balance and hold their shape when such as granny smith
- ☐ 4 thyme sprigs
- ☐ 2 medium onion yellow

Equipment

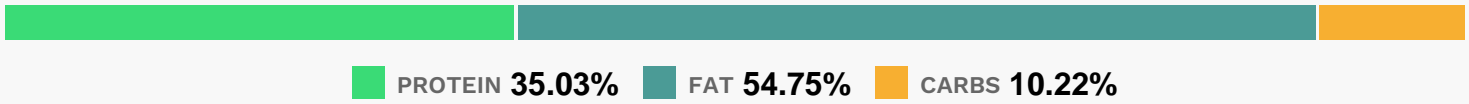
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat the oven to 325°F and arrange a rack in the lower third. Pat the roast dry with paper towels and trim any excess fat or sinew. Season generously with salt and pepper; set aside.
- ☐ Heat the oil in a large, heavy-bottomed pot or Dutch oven over medium-high heat until shimmering.
- ☐ Add the roast and cook, turning occasionally, until it's browned all over, about 15 to 20 minutes total.
- ☐ Transfer to a large plate and set aside. Meanwhile, peel and cut the carrots into large dice; set aside.
- ☐ Cut the celery and onions into large dice.
- ☐ Add the carrots, celery, and onions to the pot and season with salt and pepper. Cook, stirring occasionally, until the vegetables have softened and are just starting to brown, about 5 to 7 minutes.

- ☐
- Add the wine, scrape up any browned bits from the bottom of the pot, and bring to a boil. Cook, stirring occasionally, until the wine is reduced by half, about 7 minutes. Meanwhile, peel any loose outer skins from the garlic head and cut off the top quarter to expose the cloves (reserve the top for another use).
- ☐
- Add the broth or stock, vinegar, garlic head, thyme, bay leaves, and rosemary, stir to combine, and bring to a boil. Return the roast and any accumulated juices on the plate to the pot. Cover with a tightfitting lid and place in the oven. Cook, flipping the roast every hour, until the beef is fork tender, about 3 hours total. Meanwhile, make the gremolata. For the gremolata: Peel, core, and cut the apples into small dice.
- ☐
- Remove and discard the herbs and garlic from the pot. Break the beef into large chunks, top with the gremolata, and serve with the sauce.

Nutrition Facts



Properties

Glycemic Index:57.81, Glycemic Load:4.07, Inflammation Score:-10, Nutrition Score:38.234782737234%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.49mg, Peonidin: 1.49mg, Peonidin: 1.49mg Catechin: 6.95mg, Catechin: 6.95mg, Catechin: 6.95mg, Catechin: 6.95mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 13.1mg, Epicatechin: 13.1mg, Epicatechin: 13.1mg, Epicatechin: 13.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 5.47mg, Apigenin: 5.47mg, Apigenin: 5.47mg, Apigenin: 5.47mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 10.43mg, Quercetin: 10.43mg, Quercetin: 10.43mg, Quercetin: 10.43mg

Nutrients (% of daily need)

Calories: 741.74kcal (37.09%), Fat: 41.98g (64.58%), Saturated Fat: 16.27g (101.67%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 14.34g (5.21%), Sugar: 9.41g (10.45%), Cholesterol: 208.65mg (69.55%), Sodium: 612.7mg (26.64%), Alcohol: 8.4g (100%), Alcohol %: 1.73% (100%), Protein: 60.43g (120.85%), Zinc: 22.96mg (153.04%), Vitamin B12: 8.26µg (137.59%), Vitamin A: 5423.58IU (108.47%), Selenium: 62.6µg (89.43%), Vitamin B3: 13.53mg

(67.67%), Vitamin B6: 1.28mg (64.23%), Phosphorus: 604.05mg (60.4%), Vitamin K: 56.02µg (53.35%), Potassium: 1412.53mg (40.36%), Iron: 6.94mg (38.57%), Vitamin B2: 0.49mg (28.85%), Vitamin B5: 2.05mg (20.47%), Magnesium: 71.31mg (17.83%), Vitamin B1: 0.25mg (16.78%), Vitamin C: 13.29mg (16.11%), Fiber: 3.31g (13.22%), Vitamin E: 1.93mg (12.86%), Copper: 0.24mg (12.11%), Manganese: 0.19mg (9.47%), Calcium: 84.68mg (8.47%), Folate: 28.8µg (7.2%), Vitamin D: 0.3µg (2.02%)