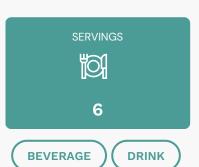


Red Wine-Braised Beef with Apple Gremolata







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
Εq	uipment
	paper towels
	oven
	pot
	dutch oven
Di	rections
	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
PROTEIN 35.03% FAT 54.75% CARBS 10.22%

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, Cyanidin: 0.95mg Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.49mg, Peonidin: 1.49mg, Peonidin: 1.49mg, Peonidin: 1.49mg, Peonidin: 1.49mg, Peonidin: 6.95mg, Catechin: 6.95mg, Catechin: 6.95mg, Catechin: 6.95mg, Catechin: 6.95mg, Catechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 13.1mg, Epicatechin: 13.1mg, Epicatechin: 13.1mg, Epicatechin: 13.1mg, Epicatechin: 3-gallate: 0.01mg, Epicatechin: 3-gallate: 0.01mg, Epigallocatechin: 3-gallate: 0.01mg, Epigallocatechin: 3-gallate: 0.12mg, Epigallocatechin: 3-gallate: 0.12mg, Epigallocatechin: 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: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 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%)