



HEALTH SCORE

57%

Red Wine Brasato with Glazed Root Vegetables



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1093 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 bay leaves
- ☐ 6 pound beef chuck
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 2 tablespoons butter
- ☐ 14 ounce beef broth canned
- ☐ 1 large carrots peeled coarsely chopped
- ☐ 1 pound carrots peeled cut into 1-inch cubes

- ☐ 1 pound celery root peeled cut into 1-inch cubes (celeriac)
- ☐ 1 large celery stalks chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 3 garlic clove peeled smashed
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 750 ml wine hearty (such as Cabernet Sauvignon, Zinfandel, or Syrah)
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon tomato paste
- ☐ 1 pound turnip peeled cut into 1-inch cubes

Equipment

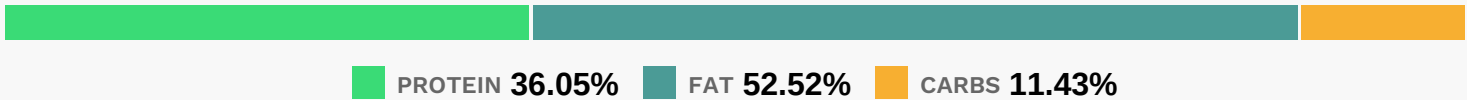
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Adjust rack to lower third of oven. Preheat to 300°F. Simmer wine in large saucepan over medium heat until reduced to 1 cup, about 30 minutes.
- ☐ Meanwhile, heat oil in heavy large wide pot over medium heat.
- ☐ Sprinkle roasts with salt and pepper.
- ☐ Add 1 roast to pot and cook until brown on all sides, about 13 minutes.
- ☐ Transfer to large plate; repeat with remaining roast. Spoon fat from pot
- ☐ Add onion, carrot, celery, and garlic to pot.

- ☐ Sprinkle with salt and pepper. sauté over medium-high heat until vegetables begin to brown, about 6 minutes.
- ☐ Add tomato paste; stir 1 minute.
- ☐ Add broth; bring to boil.
- ☐ Add sage, parsley, bay leaf, and peppercorns. Return roasts and any accumulated juices to pot, tucking roasts to fit in single layer.
- ☐ Pour reduced red wine over; cover.
- ☐ Transfer roasts to oven and braise 1 hour 15 minutes. Turn roasts over. Cover and braise until roasts are tender, about 1 hour 15 minutes longer. DO AHEAD Can be made 2 days ahead. Cool slightly. Chill uncovered until cool, then cover and keep chilled. Rewarm in 350°F oven until heated through, about 30 minutes.
- ☐ Transfer roasts to cutting board; tent with foil. Strain braising liquid into medium saucepan, pressing on solids in strainer. Spoon fat from surface of braising liquid; keep liquid warm.
- ☐ Melt butter with oil in heavy large skillet over high heat.
- ☐ Add celery root, turnips, and carrots.
- ☐ Sprinkle with salt and pepper. sauté until browned in spots, about 8 minutes.
- ☐ Add 1 cup braising liquid from pot roast. Cover, reduce heat to medium, and simmer until vegetables are tender, stirring occasionally, about 10 minutes. Uncover, increase heat to high, and bring to boil. Stir in sugar.
- ☐ Add sage and parsley and cook until sauce is reduced to glaze, stirring often, about 1 minute. Season with salt and pepper.
- ☐ Cut roasts into 1/2-inch-thick slices. Arrange slices on platter. Spoon vegetables around roast.
- ☐ Drizzle some of braising liquid over meat and serve.

Nutrition Facts



Properties

Glycemic Index:86.63, Glycemic Load:9.12, Inflammation Score:-10, Nutrition Score:56.228695890178%

Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Apigenin: 4.72mg, Apigenin: 4.72mg, Apigenin: 4.72mg, Apigenin: 4.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 1093.27kcal (54.66%), Fat: 59.02g (90.81%), Saturated Fat: 25.84g (161.49%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 22.85g (8.31%), Sugar: 10.99g (12.21%), Cholesterol: 323.01mg (107.67%), Sodium: 854.02mg (37.13%), Alcohol: 13.31g (100%), Alcohol %: 1.81% (100%), Protein: 91.16g (182.33%), Copper: 6.53mg (326.36%), Vitamin A: 14969.48IU (299.39%), Zinc: 34.91mg (232.75%), Vitamin B12: 12.44µg (207.29%), Selenium: 95.61µg (136.58%), Vitamin B3: 21.97mg (109.85%), Vitamin B6: 2.12mg (105.75%), Phosphorus: 1019.05mg (101.9%), Vitamin K: 74.26µg (70.72%), Potassium: 2286.49mg (65.33%), Iron: 11.09mg (61.6%), Vitamin B2: 0.81mg (47.63%), Vitamin C: 31.8mg (38.54%), Manganese: 0.71mg (35.67%), Vitamin B5: 3.52mg (35.15%), Magnesium: 130.33mg (32.58%), Vitamin B1: 0.45mg (30.03%), Fiber: 6.04g (24.14%), Calcium: 192.74mg (19.27%), Vitamin E: 2.32mg (15.44%), Folate: 56.58µg (14.14%), Vitamin D: 0.45µg (3.02%)