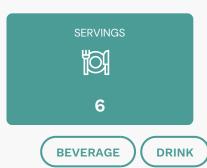


Red Wine Brasato with Glazed Root Vegetables

Gluten Free







Ingredients

i 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
E a	u in man and
	uipment
Ш	frying pan
	sauce pan
	oven
	pot
	sieve
	aluminum foil
	cutting board
D:	
ווט	rections
	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.

	PROTEIN 36.05% FAT 52.52% CARBS 11.43%	
Nutrition Facts		
Ш	Drizzle some of braising liquid over meat and serve.	
	Cut roasts into 1/2-inch-thick slices. Arrange slices on platter. Spoon vegetables around roast.	
	Add sage and parsley and cook until sauce is reduced to glaze, stirring often, about 1 minute. Season with salt and pepper.	
	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.	
	Sprinkle with salt and pepper. sauté until browned in spots, about 8 minutes.	
	Add celery root, turnips, and carrots.	
	Melt butter with oil in heavy large skillet over high heat.	
	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.	
	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.	
	Pour reduced red wine over; cover.	
	Add sage, parsley, bay leaf, and peppercorns. Return roasts and any accumulated juices to pot, tucking roasts to fit in single layer.	
	Add broth; bring to boil.	
	Add tomato paste; stir 1 minute.	
	Sprinkle with salt and pepper. sauté over medium-high heat until vegetables begin to brown, about 6 minutes.	

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: 33.27mg, Malvidin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Apigenin: 4.72mg, Apigenin: 1.28mg, Isorhamnetin: 1.28mg, 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, 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%)