



## Red Wine Flavored Beef

 Dairy Free  Low Fod Map

READY IN



320 min.

SERVINGS



8

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 ounce onion soup mix dry
- 1 cup red wine
- 4 pounds pan drippings from roast beef preferably
- 1 cup water

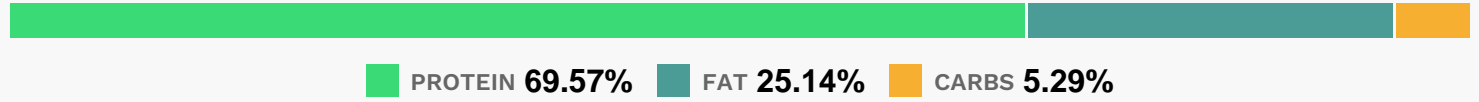
### Equipment

- slow cooker

# Directions

- Place the red wine, water, and beef roast in a slow cooker. Season with dry onion soup mix.
- Cover, and cook 5 hours on Low.

# Nutrition Facts



# Properties

Glycemic Index:1.88, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:25.951738933587%

# Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

# Nutrients (% of daily need)

Calories: 308.04kcal (15.4%), Fat: 7.95g (12.23%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.54g (1.29%), Sugar: 0.35g (0.39%), Cholesterol: 129.27mg (43.09%), Sodium: 3700.55mg (160.89%), Alcohol: 3.18g (100%), Alcohol %: 1.39% (100%), Protein: 49.5g (99%), Vitamin C: 102.18mg (123.85%), Vitamin B3: 16.97mg (84.85%), Calcium: 643.38mg (64.34%), Vitamin B12: 3.86µg (64.26%), Zinc: 8.27mg (55.15%), Vitamin B6: 0.94mg (47.25%), Phosphorus: 452.09mg (45.21%), Iron: 4.95mg (27.47%), Selenium: 15.43µg (22.05%), Potassium: 698.68mg (19.96%), Vitamin B2: 0.3mg (17.53%), Magnesium: 53.65mg (13.41%), Copper: 0.18mg (8.96%), Vitamin B1: 0.11mg (7.56%), Vitamin B5: 0.72mg (7.2%), Manganese: 0.11mg (5.31%), Folate: 20.94µg (5.23%)