



Salzburger Sauerbraten

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 bay leaves
- ☐ 0.8 cup carrots diced
- ☐ 1 cup celery diced
- ☐ 4 pound chuck roast
- ☐ 3 cups cooking wine dry red
- ☐ 0.3 cup flour all-purpose
- ☐ 10 gingersnaps crushed finely
- ☐ 1 large onion sliced

- ☐ 2 teaspoons salt
- ☐ 0.3 cup shortening divided
- ☐ 1 tablespoon sugar
- ☐ 12 peppercorns whole

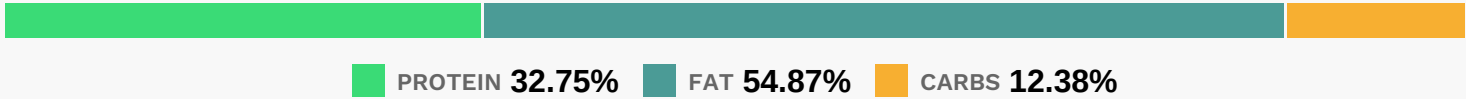
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Place roast in a very large plastic, glass, or stainless steel container.
- ☐ Combine wine, onion, celery, carrots, peppercorns, bay leaves, cloves, and salt; mix well, and pour over roast. Cover and refrigerate 5 days, turning roast each day.
- ☐ Remove roast from marinade; pat dry. Strain marinade, reserving marinade liquid; set aside. Discard vegetables and spices.
- ☐ Melt 2 tablespoons shortening in a large Dutch oven; brown roast on all sides.
- ☐ Add reserved marinade liquid. Bring to a boil. Reduce heat; cover and simmer over low heat 2 hours or until roast is tender.
- ☐ Remove roast to a warm serving platter, reserving pan liquid in Dutch oven.
- ☐ Melt remaining 1/4 cup shortening in a large skillet; add flour and sugar. Cook, stirring constantly, until flour is browned. Gradually add 1 1/2 cups reserved pan liquid, stirring with a wire whisk. Cook over medium heat, stirring constantly, until gravy is thickened and bubbly.
- ☐ Combine gravy with remaining pan liquid in Dutch oven, mixing well.
- ☐ Add gingersnap crumbs; cook, stirring constantly, until smooth and thickened. Spoon gravy over roast.

Nutrition Facts



Properties

Glycemic Index:35.37, Glycemic Load:4.05, Inflammation Score:-9, Nutrition Score:28.019999804704%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 610.76kcal (30.54%), Fat: 33.42g (51.42%), Saturated Fat: 13.28g (82.99%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 15.76g (5.73%), Sugar: 4.78g (5.31%), Cholesterol: 156.49mg (52.16%), Sodium: 833.16mg (36.22%), Alcohol: 9.45g (100%), Alcohol %: 3.13% (100%), Protein: 44.88g (89.76%), Zinc: 17.21mg (114.76%), Vitamin B12: 6.19µg (103.19%), Selenium: 48.67µg (69.52%), Vitamin B3: 10.5mg (52.52%), Vitamin B6: 0.93mg (46.46%), Phosphorus: 453.12mg (45.31%), Vitamin A: 2096.9IU (41.94%), Iron: 5.62mg (31.2%), Potassium: 888.56mg (25.39%), Vitamin B2: 0.39mg (23.17%), Vitamin B5: 1.58mg (15.75%), Vitamin B1: 0.22mg (14.57%), Magnesium: 53.3mg (13.33%), Manganese: 0.27mg (13.33%), Vitamin K: 12.64µg (12.04%), Copper: 0.19mg (9.53%), Folate: 32.1µg (8.03%), Vitamin E: 1.03mg (6.86%), Calcium: 60.93mg (6.09%), Fiber: 1.21g (4.85%), Vitamin C: 2.52mg (3.06%), Vitamin D: 0.23µg (1.51%)