



Sauerbraten

 Dairy Free

READY IN



170 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons pickling spice
- ☐ 2 bay leaves
- ☐ 1 carrots sliced
- ☐ 1 cup cooking wine dry red
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup gingersnaps crushed (12)
- ☐ 2 onions sliced
- ☐ 0.5 teaspoon pepper

- ☐ 4 pound sirloin tip roast
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 1 cup burgundy
- ☐ 1 cup burgundy

Equipment

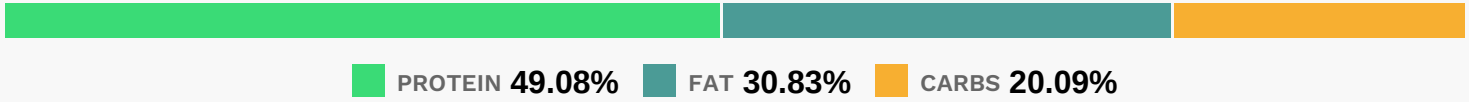
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags
- ☐ dutch oven
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Tie pickling spice in a cheesecloth bag.
- ☐ Combine spice bag, onion, and next 7 ingredients in a shallow dish or large heavy-duty zip-top plastic bag; add roast. Cover or seal, and chill 8 hours, turning occasionally.
- ☐ Remove roast from marinade, reserving marinade.
- ☐ Brown roast in hot oil in a Dutch oven.
- ☐ Remove roast, reserving drippings in pan.
- ☐ Whisk flour and sugar into reserved drippings, and cook over medium-high heat, whisking constantly, 2 minutes or until browned. Gradually stir in reserved marinade. Return roast to pan; bring mixture to a boil. Cover, reduce heat, and simmer 2 1/2 hours.
- ☐ Discard spice bag and bay leaves.
- ☐ Remove roast, reserving drippings in pan; slice and keep warm.

- ☐ Stir gingersnaps into reserved drippings in Dutch oven; simmer, stirring constantly, 2 minutes.
- ☐ Pour mixture through a colander into a bowl. Press vegetables through colander with back of a spoon.
- ☐ Serve gravy with roast.

Nutrition Facts



Properties

Glycemic Index:31.99, Glycemic Load:4.1, Inflammation Score:-8, Nutrition Score:31.936956270881%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 439.95kcal (22%), Fat: 14.07g (21.64%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 17.21g (6.26%), Sugar: 5.37g (5.97%), Cholesterol: 124.74mg (41.58%), Sodium: 1071.74mg (46.6%), Alcohol: 3.15g (100%), Alcohol %: 1.14% (100%), Protein: 50.39g (100.79%), Selenium: 67.59µg (96.56%), Vitamin B6: 1.54mg (76.93%), Vitamin B3: 15.36mg (76.81%), Zinc: 9.67mg (64.5%), Phosphorus: 492.48mg (49.25%), Vitamin B12: 2.84µg (47.25%), Vitamin K: 47.94µg (45.66%), Iron: 7.05mg (39.16%), Manganese: 0.56mg (28.21%), Vitamin A: 1371.15IU (27.42%), Potassium: 941.56mg (26.9%), Vitamin B2: 0.4mg (23.56%), Magnesium: 77.41mg (19.35%), Vitamin B1: 0.28mg (18.6%), Vitamin B5: 1.59mg (15.89%), Folate: 63.46µg (15.87%), Copper: 0.31mg (15.72%), Calcium: 153.7mg (15.37%), Vitamin E: 2.2mg (14.7%), Fiber: 3.41g (13.66%), Vitamin C: 2.62mg (3.18%)