



Sauerbraten III

 Dairy Free

READY IN



200 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 3 pounds bottom round roast
- 3 tablespoons flour all-purpose
- 0.1 teaspoon ground pepper black
- 2 tablespoons juice of lemon
- 1 onion thinly sliced
- 1 cup red wine vinegar
- 2 tablespoons salt

- 1 tomatoes cut into wedges
- 4 tablespoons vegetable oil
- 1 cup water

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Place meat in large, non-metal bowl. In separate bowl, combine red wine vinegar, 1 cup water, lemon juice, onion, bay leaves, cloves, salt and pepper.
- Pour over meat. Cover and refrigerate 48 hours.
- Heat oil in Dutch oven over medium-high heat.
- Remove meat from marinade and brown in oil on all sides, 1 to 2 minutes a side.
- Remove bay leaves and cloves from marinade.
- Pour in 1 cup water and pour marinade into pan with meat. Reduce heat to low, cover and simmer 3 hours, or until tender.
- Remove meat from pan. Increase heat and sprinkle flour, a little at a time, over juices, cooking until mixture thickens to form gravy. Return meat to pan with tomato wedges, heat through and serve.

Nutrition Facts



PROTEIN 49.69% **FAT 44.61%** **CARBS 5.7%**

Properties

Glycemic Index:28.67, Glycemic Load:2.66, Inflammation Score:-5, Nutrition Score:27.443478180015%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 431.21kcal (21.56%), Fat: 20.43g (31.43%), Saturated Fat: 5.26g (32.87%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.18g (1.88%), Sugar: 1.45g (1.61%), Cholesterol: 140.61mg (46.87%), Sodium: 2459.54mg (106.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.2g (102.41%), Selenium: 64.2µg (91.71%), Vitamin B3: 15.69mg (78.47%), Vitamin B6: 1.52mg (76.2%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.55mg (63.69%), Phosphorus: 505.59mg (50.56%), Iron: 5.16mg (28.68%), Potassium: 874.63mg (24.99%), Vitamin B2: 0.39mg (23.01%), Vitamin K: 21.17µg (20.16%), Vitamin B1: 0.26mg (17.17%), Magnesium: 61.8mg (15.45%), Copper: 0.26mg (13.02%), Folate: 43.97µg (10.99%), Vitamin B5: 1.05mg (10.53%), Vitamin E: 1.55mg (10.31%), Vitamin C: 6.31mg (7.65%), Manganese: 0.14mg (6.87%), Calcium: 55.7mg (5.57%), Vitamin A: 173.72IU (3.47%), Fiber: 0.69g (2.77%)