



## Sauerbraten IV

READY IN



300 min.

SERVINGS



8

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaf
- 1 tablespoon peppercorns black
- 0.5 cup butter
- 2 carrots sliced
- 0.5 cup cooking wine dry red
- 5 tablespoons flour all-purpose
- 0.7 cup gingersnap cookies crushed
- 2 onions sliced
- 1.5 cups red wine vinegar

- 4 pounds top round beef roast
- 1 tablespoon salt
- 1 tablespoon vegetable oil
- 1 tablespoon sugar white
- 0.1 teaspoon allspice whole

## Equipment

- bowl
- frying pan
- sauce pan
- dutch oven

## Directions

- In large non-metal bowl, combine red wine vinegar, red wine, onions, carrots, bay leaf, whole allspice, whole cloves, peppercorns and salt.
- Place roast in marinade, cover and refrigerate 3 days, turning once daily.
- Remove roast from marinade; wipe dry. In a large saucepan, heat the marinade over medium-low heat. Melt 1/4 cup butter with the oil in a Dutch oven over medium heat. Brown the beef on all sides, sprinkling the flour over it as you turn it.
- Pour heated marinade into Dutch oven with the roast, cover, reduce heat to low and simmer 3 hours, until beef is tender.
- Pour the marinade off from the meat, skim off the fat, and strain. In a large skillet over low heat, melt remaining 1/4 cup butter with sugar. Cook and stir until golden in color.
- Pour in the strained marinade slowly, stirring until smooth and thickened.
- Sprinkle in the gingersnaps.
- Pour sauce over the meat in the Dutch oven, return the pot to low heat and simmer 30 minutes.
- Serve.

## Nutrition Facts



■ PROTEIN **40.95%** ■ FAT **45.13%** ■ CARBS **13.92%**

## Properties

Glycemic Index:39.49, Glycemic Load:4.85, Inflammation Score:-9, Nutrition Score:31.260435249494%

## Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg 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: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

## Nutrients (% of daily need)

Calories: 537.87kcal (26.89%), Fat: 25.54g (39.29%), Saturated Fat: 11.68g (72.99%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 16.16g (5.88%), Sugar: 5.29g (5.88%), Cholesterol: 171.12mg (57.04%), Sodium: 1158.18mg (50.36%), Alcohol: 1.58g (100%), Alcohol %: 0.55% (100%), Protein: 52.13g (104.27%), Selenium: 65.26µg (93.23%), Vitamin B3: 16.11mg (80.55%), Vitamin B6: 1.55mg (77.54%), Vitamin B12: 4.22µg (70.33%), Zinc: 9.65mg (64.32%), Vitamin A: 2910.98IU (58.22%), Phosphorus: 522.87mg (52.29%), Iron: 5.94mg (33%), Potassium: 938.5mg (26.81%), Vitamin B2: 0.44mg (25.73%), Manganese: 0.45mg (22.65%), Vitamin B1: 0.29mg (19.43%), Magnesium: 69.01mg (17.25%), Copper: 0.3mg (14.88%), Folate: 55.06µg (13.77%), Vitamin B5: 1.15mg (11.54%), Vitamin K: 11.26µg (10.72%), Vitamin E: 1.36mg (9.08%), Calcium: 75.2mg (7.52%), Fiber: 1.56g (6.26%), Vitamin C: 3.19mg (3.87%)