

Sauerbraten V

READY IN



140 min.

SERVINGS



6

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons bacon grease
- 2 bay leaves
- 10 peppercorns black
- 2 tablespoons flour all-purpose
- 2 cloves garlic minced
- 0.8 cup onion sliced
- 1 cup red wine
- 1 cup red wine vinegar
- 4 pounds top round beef roast

- 6 servings salt and pepper to taste
- 1.5 cups cup heavy whipping cream sour
- 2 tablespoons water
- 0.3 cup sugar white

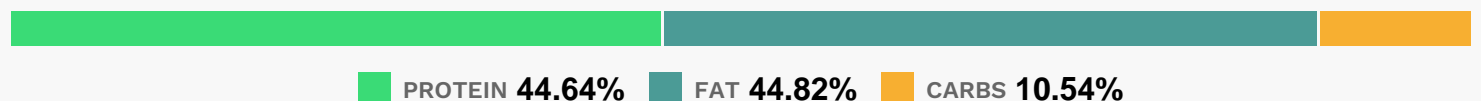
Equipment

- bowl
- frying pan
- sauce pan
- dutch oven

Directions

- Rub the roast with salt and pepper and place in a large non-metal bowl. In a medium saucepan, combine wine, vinegar and 2 cups water and bring to a boil. Stir in garlic, onion, bay leaves, peppercorns, sugar and cloves and pour the marinade over the beef. Cover and refrigerate 12 hours or overnight.
- Remove the meat from the marinade and thoroughly pat dry. Dredge in 1 cup flour (may use more or less if necessary).
- Heat bacon grease in a Dutch oven over medium-high heat. Brown roast in drippings on all sides.
- Pour in half the marinade, reduce heat to low, cover and simmer until tender, 3 hours.
- Remove meat to serving platter. Increase heat to medium-high; mix 2 tablespoons flour with 2 tablespoons water and add to pan, stirring until gravy thickens. Stir in sour cream.
- Pour sauce over sliced meat.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:7.88, Inflammation Score:-7, Nutrition Score:34.749130399331%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 671.83kcal (33.59%), Fat: 30.88g (47.51%), Saturated Fat: 12.78g (79.89%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 15.87g (5.77%), Sugar: 11.39g (12.66%), Cholesterol: 225.84mg (75.28%), Sodium: 394.14mg (17.14%), Alcohol: 4.24g (100%), Alcohol %: 1.12% (100%), Protein: 69.2g (138.4%), Selenium: 87.12µg (124.46%), Vitamin B3: 20.76mg (103.78%), Vitamin B6: 2.06mg (102.98%), Vitamin B12: 5.72µg (95.25%), Zinc: 12.91mg (86.07%), Phosphorus: 716.57mg (71.66%), Iron: 6.84mg (38.02%), Vitamin B2: 0.61mg (36.1%), Potassium: 1207.86mg (34.51%), Magnesium: 87.9mg (21.97%), Vitamin B1: 0.33mg (21.72%), Copper: 0.33mg (16.67%), Vitamin B5: 1.57mg (15.67%), Calcium: 129.27mg (12.93%), Folate: 51.65µg (12.91%), Manganese: 0.2mg (10.21%), Vitamin E: 1.16mg (7.74%), Vitamin A: 362.49IU (7.25%), Vitamin K: 5.03µg (4.79%), Vitamin C: 2.52mg (3.06%), Fiber: 0.48g (1.92%)