



HEALTH SCORE

68%

Skillet Beef Burgundy



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**5**

CALORIES

**337 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 ounce beef consomme undiluted canned
- ☐ 2 cups carrots sliced ()
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups mushroom quartered
- ☐ 0.8 cup onion coarsely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound potatoes red peeled quartered

- ☐ 1.5 pounds rump steak boneless lean
- ☐ 0.8 cup burgundy dry red

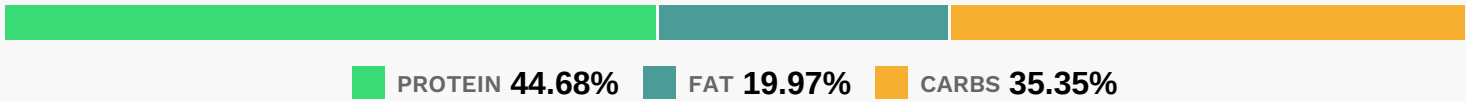
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Trim fat from steak.
- ☐ Cut the steak into 1-inch cubes. Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add steak; cook 4 minutes or until steak loses its pink color.
- ☐ Remove steak from skillet; drain and set aside.
- ☐ Recoat skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add carrot and next 3 ingredients; saut 5 minutes. Return steak to skillet.
- ☐ Add thyme, pepper, and consomm; stir well. Cover, reduce heat, and simmer 30 minutes or until meat and vegetables are tender, stirring occasionally.
- ☐ Place flour in a bowl. Gradually add wine, blending with a wire whisk; add to steak mixture. Cook 5 minutes or until thickened and bubbly, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:42.57, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:27.89565222678%

Flavonoids

Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg Malvidin: 9.45mg, Malvidin: 9.45mg, Malvidin: 9.45mg, Malvidin: 9.45mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin:

3.84mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 337.48kcal (16.87%), Fat: 6.88g (10.59%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 23.42g (8.52%), Sugar: 5.39g (5.99%), Cholesterol: 83.01mg (27.67%), Sodium: 353.79mg (15.38%), Alcohol: 3.78g (100%), Alcohol %: 1.09% (100%), Protein: 34.65g (69.31%), Vitamin A: 8568.45IU (171.37%), Vitamin B3: 13.8mg (68.99%), Selenium: 40.85µg (58.36%), Vitamin B6: 1.12mg (56.04%), Zinc: 6.34mg (42.28%), Phosphorus: 405.36mg (40.54%), Potassium: 1239.07mg (35.4%), Vitamin B12: 1.68µg (27.94%), Vitamin B2: 0.4mg (23.53%), Iron: 3.84mg (21.35%), Copper: 0.38mg (19.25%), Vitamin B5: 1.92mg (19.17%), Vitamin B1: 0.27mg (18.01%), Manganese: 0.33mg (16.72%), Magnesium: 66.05mg (16.51%), Vitamin C: 13.51mg (16.37%), Folate: 64.83µg (16.21%), Fiber: 3.99g (15.95%), Vitamin K: 14.86µg (14.15%), Calcium: 79.21mg (7.92%), Vitamin E: 0.82mg (5.49%), Vitamin D: 0.21µg (1.42%)