



Slow-Cooked Beef Burgundy

 Dairy Free

READY IN



370 min.

SERVINGS



8

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces baby carrots (40 small)
- 1 bay leaf
- 0.8 cup no-salt-added beef broth canned
- 0.8 cup cooking wine dry red
- 12 ounce yolk-free egg noodles
- 0.3 cup flour all-purpose
- 1 tablespoon thyme leaves dried fresh chopped
- 2 cloves garlic minced

- 0.5 teaspoon ground pepper
- 8 ounce pre mushrooms fresh
- 1 large onion cut into eighths
- 2 pounds round steak boneless lean cut into 1 1/2-inch pieces
- 0.5 teaspoon salt
- 1 tablespoon tomato paste

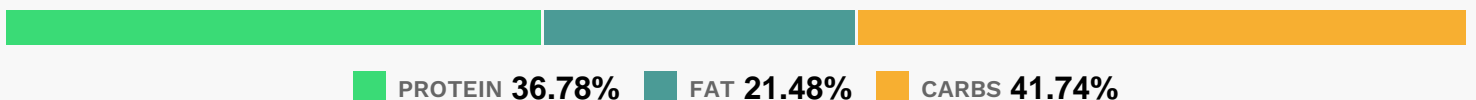
Equipment

- frying pan
- ziploc bags
- slow cooker

Directions

- Combine first 4 ingredients in a large heavy-duty, zip-top plastic bag; add beef, and seal bag. Shake to coat beef.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add beef, and cook 10 minutes or until browned on all sides, stirring often.
- Transfer beef to a 4-quart electric slow cooker coated with cooking spray.
- Add wine and next 6 ingredients; toss well. Cover and cook 6 hours on high setting or 8 to 10 hours on low setting until meat is tender and sauce thickens.
- Add mushrooms 1 hour before cooking is completed.
- Remove and discard bay leaf. Stir thoroughly.
- Ten minutes before sauce is done, cook noodles according to package directions, omitting salt and fat; drain.
- Place 1/2 cup noodles on each of 8 individual serving plates. Spoon beef mixture evenly over hot noodles.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:15.68, Inflammation Score:-10, Nutrition Score:27.663912938989%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 404.07kcal (20.2%), Fat: 9.13g (14.05%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 39.93g (13.31%), Net Carbohydrates: 36.68g (13.34%), Sugar: 3.78g (4.2%), Cholesterol: 112.88mg (37.63%), Sodium: 388.42mg (16.89%), Alcohol: 2.36g (100%), Alcohol %: 1.1% (100%), Protein: 35.18g (70.37%), Selenium: 72.51µg (103.58%), Vitamin A: 3987.16IU (79.74%), Vitamin B3: 10.63mg (53.16%), Vitamin B6: 0.98mg (48.91%), Zinc: 6.29mg (41.95%), Phosphorus: 412.62mg (41.26%), Vitamin B12: 2.47µg (41.11%), Manganese: 0.56mg (28.19%), Iron: 4.71mg (26.19%), Vitamin B2: 0.39mg (23.2%), Potassium: 752.39mg (21.5%), Copper: 0.4mg (19.98%), Vitamin B5: 1.8mg (18.01%), Vitamin B1: 0.26mg (17.38%), Magnesium: 64.98mg (16.24%), Folate: 52.46µg (13.12%), Fiber: 3.25g (13%), Vitamin K: 13.34µg (12.71%), Vitamin C: 6.51mg (7.89%), Calcium: 65.4mg (6.54%), Vitamin E: 0.63mg (4.21%), Vitamin D: 0.3µg (1.98%)