



HEALTH SCORE

67%

Slow Cooker Simple Beef Bourguignonne



Gluten Free



Dairy Free



Very Healthy

READY IN



540 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby carrots fresh whole frozen thawed
- ☐ 10.8 ounces cream of mushroom soup canned
- ☐ 2 cloves garlic minced
- ☐ 2 cups mushrooms whole
- ☐ 1 cup onion whole frozen thawed
- ☐ 1 teaspoon thyme leaves dried crushed
- ☐ 1.5 pounds top round boneless thick cut into 1-inch piece

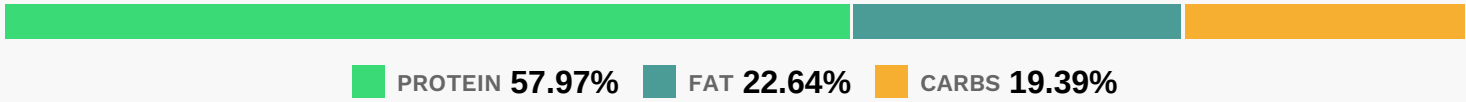
Equipment

☐ slow cooker

Directions

- ☐ Stir the soup, wine, garlic, thyme, mushrooms, carrots, onions and beef in a 3 1/2-quart slow cooker.
- ☐ Cover and cook on LOW for 8 to 9 hours or until the beef is fork-tender.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:22.592173957306%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 211.73kcal (10.59%), Fat: 5.24g (8.06%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 7.92g (2.88%), Sugar: 3.81g (4.23%), Cholesterol: 71.71mg (23.9%), Sodium: 468.84mg (20.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.2g (60.41%), Vitamin A: 5900.19IU (118%), Selenium: 39.81µg (56.87%), Vitamin B3: 9.69mg (48.47%), Vitamin B6: 0.91mg (45.7%), Zinc: 6.04mg (40.29%), Phosphorus: 317.83mg (31.78%), Vitamin B12: 1.62µg (27.08%), Potassium: 734.83mg (21%), Vitamin B2: 0.35mg (20.65%), Copper: 0.38mg (19.13%), Iron: 3.26mg (18.11%), Vitamin B5: 1.56mg (15.57%), Manganese: 0.3mg (15.23%), Vitamin B1: 0.17mg (11.4%), Magnesium: 42.5mg (10.63%), Folate: 41.64µg (10.41%), Fiber: 2.18g (8.72%), Vitamin C: 4.6mg (5.58%), Vitamin K: 5.5µg (5.23%), Calcium: 50.89mg (5.09%), Vitamin E: 0.34mg (2.25%)