



Slow-Roasted Beef And Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



172 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking wine dry red
- ☐ 1.8 pounds eye-of-round roast trimmed
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 teaspoons olive oil
- ☐ 2.6 ounce golden onion soup mix (such as Lipton Recipe Secrets)

- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 1 cup water
- ☐ 2 tablespoons water

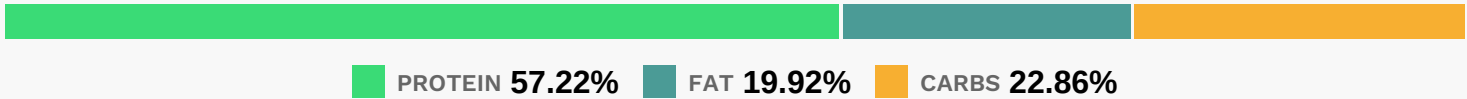
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Combine first 5 ingredients; set aside.
- ☐ Coat a Dutch oven with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add beef, and cook 2 minutes on each side or until browned.
- ☐ Sprinkle beef with soup mix mixture; add 1 cup water and wine to pan. Bring to a boil. Cover, reduce heat, and simmer 2 hours.
- ☐ Place beef on a platter, reserving liquid in pan; cover beef with foil.
- ☐ Let stand 10 minutes before slicing.
- ☐ Combine flour and 2 tablespoons water; add to cooking liquid. Simmer 8 to 10 minutes or until thick; add parsley.
- ☐ Serve over beef.

Nutrition Facts



Properties

Glycemic Index:23.43, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:15.464347689048%

Flavonoids

Petunidin: 0.38mg, Petunidin: 0.38mg, Petunidin: 0.38mg, Petunidin: 0.38mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 3mg, Malvidin: 3mg, Malvidin: 3mg, Malvidin: 3mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg Apigenin: 2.46mg, Apigenin: 2.46mg, Apigenin: 2.46mg, Apigenin: 2.46mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 172.23kcal (8.61%), Fat: 3.64g (5.6%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 8.36g (3.04%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 897.43mg (39.02%), Alcohol: 1.2g (100%), Alcohol %: 0.85% (100%), Protein: 23.54g (47.09%), Vitamin B6: 1.09mg (54.44%), Vitamin B3: 7.86mg (39.3%), Vitamin B12: 2.01µg (33.45%), Zinc: 4.89mg (32.62%), Selenium: 19.26µg (27.51%), Phosphorus: 271.32mg (27.13%), Vitamin B2: 0.35mg (20.72%), Vitamin K: 21.71µg (20.67%), Iron: 3.07mg (17.04%), Vitamin B1: 0.23mg (15.33%), Potassium: 514.35mg (14.7%), Copper: 0.22mg (10.86%), Magnesium: 36.52mg (9.13%), Vitamin B5: 0.83mg (8.31%), Manganese: 0.13mg (6.45%), Vitamin A: 243.83IU (4.88%), Fiber: 1.05g (4.2%), Calcium: 28.35mg (2.83%), Vitamin C: 1.89mg (2.29%), Vitamin E: 0.33mg (2.17%), Folate: 6.59µg (1.65%)