



Spanish Daube



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 pounds bottom round roast trimmed
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup cooking sherry dry
- ☐ 0.5 teaspoon fennel seeds
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 garlic cloves minced

- ☐ 2 cups less-sodium beef broth fat-free
- ☐ 2 cups thinly onion yellow vertically sliced
- ☐ 0.5 teaspoon paprika smoked spanish
- ☐ 1.5 cups peas green frozen thawed
- ☐ 0.3 teaspoon pepper sauce hot (such as Tabasco)
- ☐ 0.8 cup bottled roasted bell pepper red thinly sliced
- ☐ 0.3 teaspoon saffron threads
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 tablespoon water

Equipment

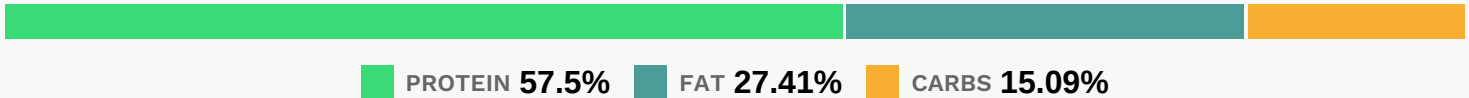
- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add beef to pan; cook 5 minutes, browning on all sides.
- ☐ Remove beef from pan.
- ☐ Recoat pan with cooking spray.
- ☐ Add onion to pan; saut 4 minutes or until tender.
- ☐ Add bell pepper and garlic; cook for 1 minute, stirring constantly.
- ☐ Add salt and next 5 ingredients (through saffron); cook 30 seconds or until fragrant, stirring constantly. Stir in sherry and hot pepper sauce, scraping pan to loosen browned bits; cook 4 minutes or until liquid is reduced by about half.
- ☐ Add beef and broth to pan; bring to a simmer. Cover, reduce heat, and simmer 2 hours or until beef is tender.
- ☐ Remove beef from pan; cool slightly.

- ☐ Cut beef across grain into thin slices; cover and keep warm.
- ☐ Add peas, parsley, and vinegar to pan; cook 5 minutes.
- ☐ Combine cornstarch and 1 tablespoon water in a small bowl; stir cornstarch mixture into broth mixture. Bring to a boil; cook 1 minute.
- ☐ Add sliced beef; cook 1 minute or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:2.17, Inflammation Score:-7, Nutrition Score:25.728695496269%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 315.41kcal (15.77%), Fat: 8.7g (13.38%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 8.11g (2.95%), Sugar: 3.57g (3.97%), Cholesterol: 105.46mg (35.15%), Sodium: 685.31mg (29.8%), Alcohol: 3.09g (100%), Alcohol %: 1.12% (100%), Protein: 41.05g (82.11%), Selenium: 48.14µg (68.77%), Vitamin B6: 1.27mg (63.39%), Vitamin B3: 12.28mg (61.38%), Vitamin B12: 3.15µg (52.45%), Zinc: 7.6mg (50.67%), Phosphorus: 419.83mg (41.98%), Vitamin K: 42.29µg (40.28%), Vitamin C: 23.1mg (27.99%), Potassium: 890.34mg (25.44%), Iron: 4.55mg (25.27%), Vitamin B2: 0.33mg (19.62%), Vitamin B1: 0.26mg (17.34%), Manganese: 0.31mg (15.5%), Magnesium: 60.89mg (15.22%), Folate: 53.11µg (13.28%), Copper: 0.26mg (13.1%), Fiber: 2.66g (10.65%), Vitamin A: 502.51IU (10.05%), Vitamin B5: 0.86mg (8.59%), Calcium: 66.78mg (6.68%), Vitamin E: 0.62mg (4.11%)