



Spanish-Style Braised Beef



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup beef broth



1 tablespoon beef broth



2.5 pound beef eye-of-round roast



0.3 teaspoon pepper black freshly ground



1 teaspoon pepper black freshly ground



14.5 ounce canned tomatoes diced drained canned



4 cups rice long-grain hot cooked



2 teaspoons marjoram dried

- ☐ 1 cup cooking sherry dry
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves peeled
- ☐ 1 large hard-cooked egg yolk
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion thinly sliced
- ☐ 2 teaspoons paprika
- ☐ 12 ounce roasted bell peppers red drained cut into 1/2-inch strips
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup slivered almonds toasted

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

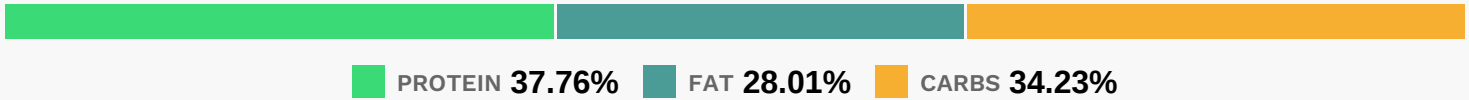
Directions

- ☐ To prepare almond pesto, combine first 5 ingredients in a food processor; process until blended and a paste forms. Cover and refrigerate.
- ☐ Preheat oven to 35
- ☐ To prepare spice rub, combine marjoram, paprika, 1 teaspoon black pepper, and 1/4 teaspoon salt. Trim fat from beef; rub surface of beef with spice rub.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add beef; cook 5 minutes, browning on all sides.
- ☐ Remove from pan. Stir in sherry, scraping pan to loosen browned bits. Return beef to pan.
- ☐ Add onion, tomatoes, 1 cup beef broth, and bell peppers. Cover tightly with lid.
- ☐ Bake at 350 for 3 hours or until meat shreds easily with a fork.
- ☐ Remove beef from pan.

- ☐
- Cut beef into 2-inch pieces.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:56.67, Glycemic Load:34.78, Inflammation Score:-9, Nutrition Score:37.321304559708%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg

Nutrients (% of daily need)

Calories: 564.27kcal (28.21%), Fat: 16.51g (25.4%), Saturated Fat: 4.26g (26.63%), Carbohydrates: 45.41g (15.14%), Net Carbohydrates: 40.91g (14.88%), Sugar: 6.17g (6.85%), Cholesterol: 148.26mg (49.42%), Sodium: 1244.83mg (54.12%), Alcohol: 4.12g (100%), Alcohol %: 0.91% (100%), Protein: 50.09g (100.18%), Selenium: 64.46µg (92.08%), Vitamin B6: 1.67mg (83.62%), Vitamin B3: 15.11mg (75.53%), Zinc: 9.15mg (60.98%), Vitamin B12: 3.62µg (60.31%), Phosphorus: 561.82mg (56.18%), Manganese: 1.08mg (54.23%), Vitamin C: 39.61mg (48.01%), Vitamin K: 41.94µg (39.95%), Iron: 6.43mg (35.7%), Potassium: 1184.92mg (33.85%), Vitamin B2: 0.52mg (30.67%), Copper: 0.56mg (27.95%), Magnesium: 108.42mg (27.11%), Vitamin E: 3.65mg (24.32%), Vitamin B1: 0.31mg (20.94%), Vitamin A: 988.49IU (19.77%), Fiber: 4.5g (17.99%), Vitamin B5: 1.72mg (17.2%), Folate: 66.96µg (16.74%), Calcium: 140.39mg (14.04%), Vitamin D: 0.18µg (1.22%)