



Swanson® Braised Beef with Shallots and Mushrooms

READY IN



200 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 1.5 pounds beef chuck pot roast cut into serving-sized pieces
- 1 cup beef stock swanson®
- 1 tablespoon brown sugar packed
- 3 tablespoons butter
- 2 large carrots cut into 2-inch pieces
- 0.3 cup flour all-purpose
- 0.3 cup parsley fresh chopped

- 2 tablespoons lemon zest grated
- 2 cups mushrooms cut into quarters
- 0.5 pound shallots peeled
- 2 medium tomatoes chopped

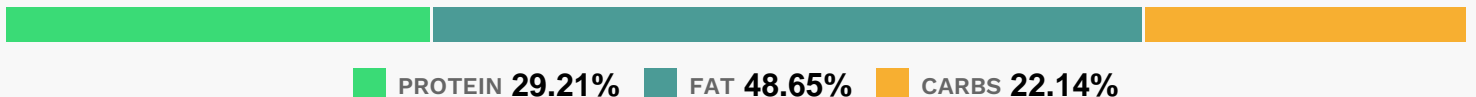
Equipment

- frying pan

Directions

- Coat the beef with flour.
- Heat the butter in a 12-inch skillet over medium-high heat.
- Add the beef and cook until it's well browned on all sides.
- Remove the beef from the skillet.
- Add the shallots to the skillet. Cook for 10 minutes or until they're tender. Stir in the stock, tomatoes, vinegar and sugar and heat to a boil. Return the beef to the skillet. Reduce the heat to low. Cover and cook for 1 1/2 hours.
- Add the carrots and mushrooms to the skillet. Cook for 30 minutes or until the carrots are tender.
- Remove the beef and vegetables from the skillet.
- Increase the heat to high. Cook for 10 minutes or until the stock mixture thickens. Return the beef and vegetables to the skillet. Season as desired.
- Sprinkle with the parsley and lemon peel.

Nutrition Facts



Properties

Glycemic Index:88.46, Glycemic Load:9.81, Inflammation Score:-10, Nutrition Score:36.80739139474%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 519.63kcal (25.98%), Fat: 28.64g (44.06%), Saturated Fat: 14.07g (87.97%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 24.63g (8.96%), Sugar: 13.95g (15.5%), Cholesterol: 139.94mg (46.65%), Sodium: 367.25mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.7g (77.4%), Vitamin A: 7130.63IU (142.61%), Zinc: 13.68mg (91.22%), Vitamin B12: 4.68µg (78.01%), Vitamin K: 74.93µg (71.37%), Selenium: 43.75µg (62.51%), Vitamin B3: 10.97mg (54.87%), Vitamin B6: 1.04mg (52.12%), Phosphorus: 458.64mg (45.86%), Potassium: 1332.58mg (38.07%), Vitamin B2: 0.59mg (34.49%), Iron: 5.62mg (31.24%), Vitamin C: 24.95mg (30.24%), Vitamin B5: 2.15mg (21.55%), Vitamin B1: 0.32mg (21.22%), Copper: 0.41mg (20.65%), Manganese: 0.4mg (20.18%), Fiber: 4.69g (18.77%), Folate: 70.54µg (17.63%), Magnesium: 69.79mg (17.45%), Calcium: 92.78mg (9.28%), Vitamin E: 1.21mg (8.07%), Vitamin D: 0.27µg (1.77%)