

Traditional Sauerbraten

 Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves to taste
- ☐ 2 tablespoons flour all-purpose
- ☐ 10 gingersnap cookies crumbled
- ☐ 1 tablespoon ground pepper black
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 large onions chopped
- ☐ 1 cup red wine vinegar to taste
- ☐ 3 pounds beef rump roast

- ☐ 1 tablespoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 1 tablespoon sugar white

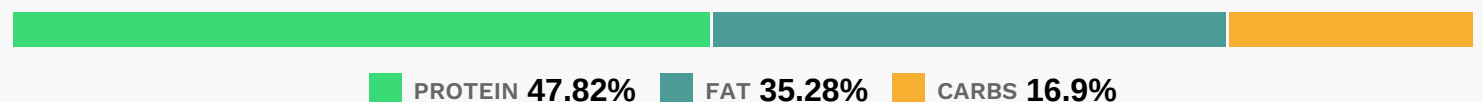
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Place beef rump roast, onions, vinegar, water, 1 tablespoon salt, 1 tablespoon black pepper, sugar, cloves, and bay leaves in a large pot. Cover and refrigerate for 2 to 3 days, turning meat daily.
- ☐ Remove meat from marinade and pat dry with paper towels, reserving marinade.
- ☐ Season flour to taste with salt and black pepper in a large bowl.
- ☐ Sprinkle flour mixture over beef.
- ☐ Heat vegetable oil in a large Dutch oven or pot over medium heat; cook beef until brown on all sides, about 10 minutes.
- ☐ Pour reserved marinade over beef, cover, and reduce heat to medium-low. Simmer until beef is tender, 3 1/2 to 4 hours.
- ☐ Remove beef to a platter and slice.
- ☐ Strain solids from remaining liquid and continue cooking over medium heat.
- ☐ Add gingersnap cookies and simmer until gravy is thickened about 10 minutes.
- ☐ Serve gravy over sliced beef.

Nutrition Facts



Properties

Glycemic Index:39.35, Glycemic Load:3.94, Inflammation Score:-5, Nutrition Score:28.606087371059%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 453.36kcal (22.67%), Fat: 17.05g (26.22%), Saturated Fat: 4.87g (30.45%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 16.92g (6.15%), Sugar: 6.45g (7.17%), Cholesterol: 140.61mg (46.87%), Sodium: 1361.95mg (59.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.99g (103.98%), Selenium: 64.58µg (92.26%), Vitamin B3: 15.92mg (79.61%), Vitamin B6: 1.56mg (77.86%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.63mg (64.23%), Phosphorus: 519.46mg (51.95%), Iron: 5.95mg (33.07%), Potassium: 920.03mg (26.29%), Vitamin B2: 0.43mg (25.02%), Manganese: 0.46mg (22.96%), Vitamin B1: 0.28mg (18.54%), Magnesium: 69.64mg (17.41%), Copper: 0.31mg (15.35%), Folate: 53.96µg (13.49%), Vitamin K: 13.36µg (12.72%), Vitamin B5: 1.12mg (11.21%), Vitamin E: 1.19mg (7.92%), Calcium: 73.41mg (7.34%), Fiber: 1.46g (5.84%), Vitamin C: 3.91mg (4.75%)