

Wine-Braised Chuck Roast with Onions

Dairy Free

SERVINGS

LUNCH

MAIN COURSE

MAIN DISH

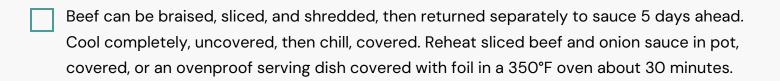
DINNER

Ingredients

4500 min.

| | 4 pounds beet chuck boneless |
|---|---|
| | 0.8 teaspoon pepper black |
| 1 | 1.5 cups cooking wine dry white |
| | 0.5 pound accompaniment: egg noodles boiled |
| 1 | l leaf garnish: flat parsley fresh chopped |
| 1 | I teaspoon rosemary or dried fresh crumbled chopped |
| 1 | I teaspoon thyme or dried fresh crumbled chopped |
| | 2 large garlic cloves finely chopped |

| 2 pounds onions halved lengthwise thinly sliced (4 to 6 medium) | |
|--|--|
| 2 teaspoons salt | |
| 1 tablespoon tomato paste | |
| 2 tablespoons vegetable oil | |
| 1 cup water | |
| Equipment | |
| oven | |
| pot | |
| aluminum foil | |
| cutting board | |
| rections | |
| | |
| Put oven rack in middle position and preheat oven to 325°F. | |
| Pat beef dry and rub all over with 11/2 teaspoons salt and 1/2 teaspoon pepper. | |
| Heat oil in an ovenproof 5-quart wide heavy pot over moderately high heat until hot but not smoking and brown beef on all sides, about 15 minutes total. | |
| Transfer beef to a plate. | |
| Add onions to pot and sauté over moderately high heat, stirring frequently, until pale golden, about 10 minutes. | |
| Add garlic, tomato paste, thyme, rosemary, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, stirring, 2 minutes. | |
| Add wine and water and bring to a boil. Return beef to pot, then cover tightly and braise in oven, turning once after 1 hour, until beef is very tender, 2 1/2 to 3 hours total. | |
| Let beef stand, uncovered, in onion sauce about 30 minutes. | |
| If reserving some meat for beef salad, cut off one third of roast, and, when cool enough to handle, shred and toss with 3/4 cup onion sauce. Cool completely, uncovered, then chill in an airtight container. | |
| While shredded beef cools, preheat oven to 350°F and transfer remaining beef to a cutting board and cut into 1/2-inch-thick slices. Season with salt and pepper and return beef to sauce. Reheat, covered, 20 minutes. | |
| | |



Nutrition Facts

PROTEIN 32.39% FAT 45.91% CARBS 21.7%

Properties

Glycemic Index:56.25, Glycemic Load:22.44, Inflammation Score:-9, Nutrition Score:47.563912941062%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Reperetin: 0.36mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Quercetin: 46.1mg, Quercetin: 46.1mg, Quercetin: 46.1mg, Quercetin: 46.1mg, Quercetin: 46.1mg, Quercetin: 46.1mg

Nutrients (% of daily need)

Calories: 1266.09kcal (63.3%), Fat: 61.68g (94.89%), Saturated Fat: 24.69g (154.31%), Carbohydrates: 65.61g (21.87%), Net Carbohydrates: 59.48g (21.63%), Sugar: 12.06g (13.4%), Cholesterol: 360.61mg (120.2%), Sodium: 1590.8mg (69.17%), Alcohol: 9.27g (100%), Alcohol %: 1.3% (100%), Protein: 97.92g (195.85%), Zinc: 35.77mg (238.44%), Vitamin B12: 12.55µg (209.12%), Selenium: 139.8µg (199.72%), Vitamin B6: 2.21mg (110.34%), Phosphorus: 1082.78mg (108.28%), Vitamin B3: 21.32mg (106.59%), Iron: 11.75mg (65.28%), Potassium: 2094.68mg (59.85%), Manganese: 1.04mg (51.81%), Vitamin B2: 0.79mg (46.66%), Magnesium: 154.76mg (38.69%), Vitamin B5: 3.64mg (36.43%), Vitamin B1: 0.51mg (34.13%), Vitamin K: 30.34µg (28.9%), Copper: 0.57mg (28.71%), Fiber: 6.12g (24.49%), Vitamin C: 18.59mg (22.53%), Folate: 75.72µg (18.93%), Calcium: 170.68mg (17.07%), Vitamin E: 1.87mg (12.47%), Vitamin D: 0.62µg (4.16%), Vitamin A: 193.13IU (3.86%)