



HEALTH SCORE

62%

Apple Cider Beef Stew



Dairy Free



Very Healthy

READY IN



165 min.

SERVINGS



6

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups apple cider
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 large bay leaf
- ☐ 2 pounds beef stew meat cubed
- ☐ 4 carrots sliced
- ☐ 2 celery stalks chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 tablespoons flour all-purpose

- ☐ 1 teaspoon ground pepper black
- ☐ 1 large mcintosh apples sliced
- ☐ 3 tablespoons olive oil
- ☐ 2 onions diced
- ☐ 3 potatoes cubed
- ☐ 2 teaspoons salt
- ☐ 0.8 cup water

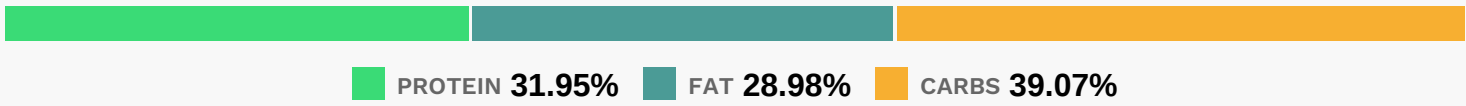
Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Combine flour, salt, pepper, and thyme in a bowl. Toss beef cubes in the flour mixture.
- ☐ Heat olive oil in a Dutch oven or large pot over medium-high heat. Working in batches, brown beef cubes on all sides.
- ☐ Combine browned meat, apple cider, water, and cider vinegar in the pot and bring it to a boil.
- ☐ Add bay leaf; reduce heat to low. Simmer, partially covered, for 1 hour.
- ☐ Stir in carrots, potatoes, onions, celery, and apple and simmer until the vegetables are tender, about 1 hour more.

Nutrition Facts



Properties

Glycemic Index:68.22, Glycemic Load:23.63, Inflammation Score:-10, Nutrition Score:31.166521404101%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin:

0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.34mg, Quercetin: 10.34mg, Quercetin: 10.34mg, Quercetin: 10.34mg

Nutrients (% of daily need)

Calories: 468.51kcal (23.43%), Fat: 14.98g (23.04%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 45.44g (15.15%), Net Carbohydrates: 40g (14.55%), Sugar: 17.71g (19.68%), Cholesterol: 93.74mg (31.25%), Sodium: 903.43mg (39.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.33%), Vitamin A: 6829.7IU (136.59%), Vitamin B6: 1.44mg (71.95%), Selenium: 43.83µg (62.62%), Vitamin B3: 12.12mg (60.6%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.84mg (45.6%), Phosphorus: 427.5mg (42.75%), Potassium: 1306.88mg (37.34%), Vitamin C: 28.78mg (34.88%), Iron: 4.69mg (26.07%), Manganese: 0.48mg (23.98%), Vitamin B1: 0.33mg (21.8%), Fiber: 5.44g (21.74%), Vitamin B2: 0.36mg (20.95%), Magnesium: 78.66mg (19.67%), Copper: 0.33mg (16.74%), Vitamin K: 16.76µg (15.96%), Folate: 60.16µg (15.04%), Vitamin E: 1.84mg (12.27%), Vitamin B5: 1.23mg (12.26%), Calcium: 79.88mg (7.99%)