



## Apple Cider Stew

 Dairy Free

READY IN



125 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 cups apple cider
- 2 small fuji apples cored peeled chopped
- 1 pound beef stew meat cut into bite-size pieces
- 4 carrots sliced
- 0.3 teaspoon thyme leaves dried
- 2 teaspoons flour all-purpose
- 0.3 teaspoon ground pepper black
- 1 cup onion chopped

- 3 potatoes chopped
- 1 teaspoon salt
- 2 teaspoons vegetable oil
- 1 cup water

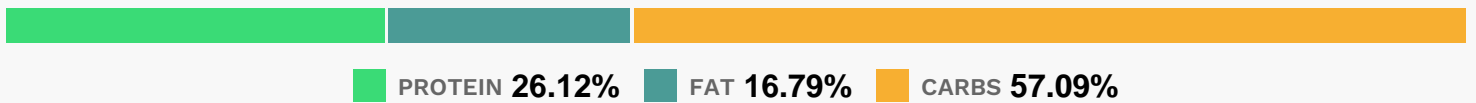
## Equipment

- bowl
- pot

## Directions

- Combine the beef stew meat with the flour, 1/2 teaspoon salt, the black pepper, and 1/8 teaspoon thyme in a bowl; toss to coat evenly.
- Heat 2 teaspoons oil in a pot; cook the stew meat in the hot oil until completely browned, 5 to 7 minutes.
- Pour the apple cider over the beef, reduce heat to medium low, and simmer the mixture until the beef is tender, about 1 hour.
- Add the carrots, potatoes, apples, onion, water, celery, 1 teaspoon salt, and 1/4 teaspoon thyme to the pot; continue cooking at a simmer until the vegetables are tender, about 30 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:84.33, Glycemic Load:33.15, Inflammation Score:-10, Nutrition Score:30.671739122142%

## Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 12.56mg, Epicatechin: 12.56mg, Epicatechin: 12.56mg, Epicatechin: 12.56mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg,

Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg  
Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.79mg, Kaempferol:  
1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg,  
Myricetin: 0.05mg Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg

## **Nutrients (% of daily need)**

Calories: 453.38kcal (22.67%), Fat: 8.54g (13.14%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 65.32g (21.77%),  
Net Carbohydrates: 57.25g (20.82%), Sugar: 27.78g (30.86%), Cholesterol: 70.31mg (23.44%), Sodium: 707.83mg  
(30.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.89g (59.79%), Vitamin A: 10239.42IU (204.79%),  
Vitamin B6: 1.4mg (70.11%), Vitamin C: 42.82mg (51.9%), Vitamin B3: 10.23mg (51.16%), Selenium: 32.65µg (46.64%),  
Potassium: 1544.89mg (44.14%), Phosphorus: 387.74mg (38.77%), Zinc: 5.47mg (36.49%), Vitamin B12: 2.1µg  
(34.96%), Fiber: 8.07g (32.27%), Manganese: 0.56mg (28.18%), Iron: 4.26mg (23.65%), Vitamin B1: 0.34mg  
(22.92%), Magnesium: 87.56mg (21.89%), Vitamin B2: 0.33mg (19.33%), Copper: 0.38mg (18.9%), Vitamin K: 19.66µg  
(18.73%), Folate: 63.75µg (15.94%), Vitamin B5: 1.31mg (13.07%), Calcium: 90.33mg (9.03%), Vitamin E: 1.11mg  
(7.37%)