



Bachelor's Stew

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth
- 2 pounds beef chuck lean trimmed cut into 1 inch cubes
- 0.3 cup bread crumbs dried
- 4.5 ounce mushrooms sliced canned
- 3 carrots thick cut into strips
- 4 stalks celery chopped
- 21.5 ounce condensed tomato soup canned
- 1 teaspoon basil dried

- 0.1 teaspoon ground pepper black
- 0.3 cup quick-cooking tapioca
- 1 teaspoon salt
- 1 teaspoon soya sauce
- 1 onion yellow

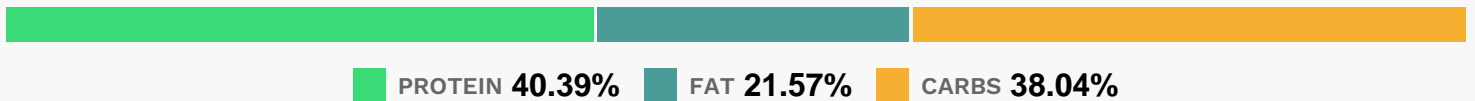
Equipment

- slow cooker

Directions

- Combine bread crumbs with salt and pepper and toss with beef.
- Place coated beef cubes into a slow cooker and add onion, carrots, celery, basil, tapioca, mushrooms, soy sauce, tomato soup and broth. Stir well, cover and cook on low for 10 to 12 hours, or on high for 3 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:31.56, Glycemic Load:6.71, Inflammation Score:-10, Nutrition Score:27.388695385145%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 361.75kcal (18.09%), Fat: 8.62g (13.26%), Saturated Fat: 3.68g (22.97%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 30.64g (11.14%), Sugar: 11.83g (13.15%), Cholesterol: 93.74mg (31.25%), Sodium: 1252.54mg (54.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.33g (72.65%), Vitamin A: 5615.11IU (112.3%), Vitamin B12: 3.44µg (57.26%), Zinc: 8.28mg (55.17%), Vitamin B3: 10.68mg (53.41%), Selenium: 32.26µg (46.09%), Vitamin B6: 0.79mg (39.62%), Potassium: 1355.68mg (38.73%), Phosphorus: 384.21mg (38.42%), Iron: 5.09mg (28.27%), Vitamin C: 17.09mg (20.71%), Vitamin B2: 0.34mg (19.83%), Vitamin K: 18.94µg (18.04%), Manganese:

0.36mg (17.76%), Magnesium: 64.15mg (16.04%), Vitamin B1: 0.22mg (14.43%), Fiber: 3.57g (14.29%), Vitamin B5: 1.36mg (13.61%), Copper: 0.27mg (13.42%), Folate: 36.91µg (9.23%), Calcium: 71.84mg (7.18%), Vitamin E: 1.07mg (7.14%), Vitamin D: 0.19µg (1.29%)