



 **58%**  
HEALTH SCORE

## Beef and Cabbage Stew

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



**190 min.**

SERVINGS



**6**

CALORIES



**254 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 1 cube beef bouillon from cube
- 2 cups beef broth
- 1.5 pounds beef stew meat cut into 1-inch pieces
- 4 cups cabbage shredded
- 8 ounce tomato sauce canned
- 1 carrots sliced
- 2 rib celery sliced

- 0.3 teaspoon ground pepper black
- 1 large onion chopped
- 2 potatoes cubed peeled
- 6 servings salt to taste

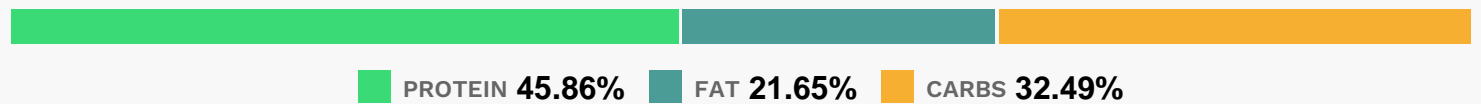
## Equipment

- bowl
- sauce pan
- dutch oven

## Directions

- Cook and stir stew meat in a large saucepan or Dutch oven over medium heat until browned on all sides, 10 to 15 minutes.
- Drain any excess grease.
- Stir beef bouillon into beef broth in a bowl until dissolved; pour over stew meat.
- Add onion, black pepper, and bay leaf; cover and simmer until stew meat is very tender, at least 2 hours.
- Add potatoes, cabbage, celery, and carrot; cover and simmer until potatoes are tender, 30 to 45 more minutes.
- Stir tomato sauce and salt into the stew; simmer, uncovered, until tomato sauce is fully incorporated and flavors have blended, 15 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:51.76, Glycemic Load:11.26, Inflammation Score:-9, Nutrition Score:23.984347820282%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

## Nutrients (% of daily need)

Calories: 254.29kcal (12.71%), Fat: 6.08g (9.35%), Saturated Fat: 2.08g (13%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 16.5g (6%), Sugar: 4.94g (5.49%), Cholesterol: 70.31mg (23.44%), Sodium: 757.5mg (32.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.98g (57.97%), Vitamin B6: 1.1mg (54.89%), Vitamin B3: 9.65mg (48.27%), Selenium: 32.7µg (46.71%), Vitamin C: 36.18mg (43.86%), Vitamin K: 40.91µg (38.96%), Vitamin A: 1912.75IU (38.26%), Vitamin B12: 2.15µg (35.91%), Zinc: 5.16mg (34.4%), Phosphorus: 328.14mg (32.81%), Potassium: 991.89mg (28.34%), Iron: 3.71mg (20.61%), Vitamin B2: 0.28mg (16.32%), Fiber: 4.04g (16.14%), Manganese: 0.31mg (15.37%), Magnesium: 60.35mg (15.09%), Vitamin B1: 0.22mg (14.65%), Folate: 58.03µg (14.51%), Copper: 0.26mg (12.8%), Vitamin B5: 1mg (9.97%), Vitamin E: 1.04mg (6.9%), Calcium: 68.73mg (6.87%)