



## Beef-and-Celery Root Stew

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 21 ounce beef consomme canned
- 2 pounds beef stew meat cut into 1-inch pieces
- 3 medium to 4 carrots
- 1.5 pounds celery root peeled cut into 1-inch cubes
- 8 servings rice hot cooked
- 1 cup cooking wine dry red
- 0.5 cup flour all-purpose

- 2 medium onions cut into 8 wedges
- 0.3 cup parsley fresh italian chopped
- 3 tablespoons vegetable oil

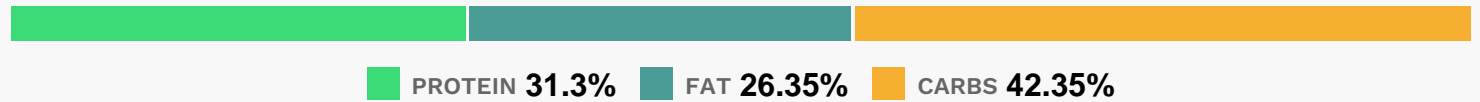
## Equipment

- dutch oven

## Directions

- Dredge beef in flour.
- Brown beef in hot oil in a Dutch oven; add celery root, next 5 ingredients, and 2 tablespoons parsley. Bring to a boil; cover, reduce heat, and simmer 2 hours.
- Remove and discard bay leaves.
- Serve over hot cooked rice, and sprinkle with remaining 2 tablespoons parsley.

## Nutrition Facts



## Properties

Glycemic Index:40.6, Glycemic Load:31.74, Inflammation Score:-10, Nutrition Score:27.978695952374%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 6.09mg, Apigenin: 6.09mg, Apigenin: 6.09mg, Apigenin: 6.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

## Nutrients (% of daily need)

Calories: 421.94kcal (21.1%), Fat: 11.54g (17.75%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 41.75g (13.92%), Net Carbohydrates: 38.51g (14%), Sugar: 3.69g (4.1%), Cholesterol: 70.31mg (23.44%), Sodium: 444.27mg (19.32%), Alcohol: 3.15g (100%), Alcohol %: 0.89% (100%), Protein: 30.85g (61.69%), Vitamin A: 3981.54IU (79.63%), Vitamin K:

79.51µg (75.73%), Selenium: 41.26µg (58.95%), Vitamin B6: 1.03mg (51.59%), Vitamin B3: 9.9mg (49.49%), Phosphorus: 410.79mg (41.08%), Zinc: 5.56mg (37.08%), Vitamin B12: 2.15µg (35.83%), Manganese: 0.66mg (32.85%), Potassium: 841.9mg (24.05%), Iron: 3.83mg (21.29%), Vitamin B2: 0.32mg (18.8%), Vitamin B1: 0.26mg (17.06%), Magnesium: 63.37mg (15.84%), Vitamin C: 12.69mg (15.39%), Folate: 52.17µg (13.04%), Copper: 0.26mg (13.02%), Fiber: 3.23g (12.94%), Vitamin B5: 1.25mg (12.55%), Calcium: 88.32mg (8.83%), Vitamin E: 1.27mg (8.47%)