



 **42%**  
HEALTH SCORE

## Beef and Eggplant Stew (Greek - Crock Pot Version)

 **Gluten Free**

READY IN



**505 min.**

SERVINGS



**6**

CALORIES



**693 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon allspice
- 2 lbs beef lean cut in 1 1/2 inch chunks
- 1 cup beef stock
- 1 lb tomato sauce canned
- 0.5 teaspoon cinnamon
- 8 eggplant white thin (the long, striated and purple ones)
- 0.5 cup feta cheese cubed

- 2 garlic clove minced
- 0.1 teaspoon ground cloves
- 0.3 cup olive oil
- 2 medium onion sliced thin
- 0.3 cup parsley minced
- 1 tablespoon red wine vinegar
- 0.8 teaspoon sugar

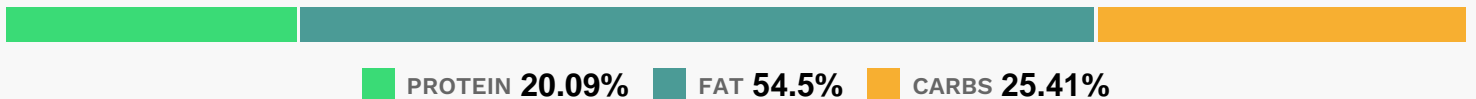
## Equipment

- frying pan
- slow cooker

## Directions

- Wash the eggplant, then top and tail. Don't bother to peel, just cut into 1 inch thick segments. In large skillet, brown the beef, onions, garlic and eggplant in olive oil until dark golden-brown; drain.
- Place in crock pot.
- Combine the beef stock with the tomato sauce, vinegar, sugar, spices, and salt and pepper to taste, and stir it into the meat. Cover and cook on low heat for 8-10 hours. If serving with pasta, prepare pasta until al dente, pour onto a large serving platter and cover with meat, eggplant and sauce (you may add the feta- it is delicious).
- Sprinkle minced parsley over. If serving on its own as a main course, garnish with parsley and feta, serve with a green salad, lots of crusty bread (the sauce has to be mopped up!), and plenty of red wine.

## Nutrition Facts



## Properties

Glycemic Index:46.85, Glycemic Load:7.93, Inflammation Score:-9, Nutrition Score:40.997826363729%

## Flavonoids

Delphinidin: 523.28mg, Delphinidin: 523.28mg, Delphinidin: 523.28mg, Delphinidin: 523.28mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

## Nutrients (% of daily need)

Calories: 692.83kcal (34.64%), Fat: 43.36g (66.71%), Saturated Fat: 14.78g (92.38%), Carbohydrates: 45.5g (15.17%), Net Carbohydrates: 25.2g (9.17%), Sugar: 26.55g (29.5%), Cholesterol: 118.48mg (39.49%), Sodium: 697.14mg (30.31%), Alcohol: 0g (100%), Protein: 35.97g (71.94%), Manganese: 1.64mg (82.04%), Fiber: 20.29g (81.17%), Vitamin K: 73.17µg (69.69%), Potassium: 2186.99mg (62.49%), Vitamin B6: 1.21mg (60.48%), Vitamin B3: 11.66mg (58.31%), Vitamin B12: 3.45µg (57.45%), Zinc: 8mg (53.32%), Phosphorus: 474.4mg (47.44%), Folate: 167.37µg (41.84%), Selenium: 27.66µg (39.51%), Vitamin B2: 0.65mg (38.5%), Copper: 0.72mg (36%), Magnesium: 133.24mg (33.31%), Vitamin E: 4.9mg (32.65%), Iron: 5.59mg (31.03%), Vitamin C: 25.11mg (30.44%), Vitamin B5: 2.89mg (28.91%), Vitamin B1: 0.37mg (25%), Calcium: 173.73mg (17.37%), Vitamin A: 732.75IU (14.66%), Vitamin D: 0.2µg (1.34%)