



Beef-and-Mushroom Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef stew meat lean
- 0.5 pound button mushrooms halved
- 14.5 ounce canned tomatoes diced undrained canned
- 1 teaspoon basil dried
- 0.5 teaspoon thyme leaves dried
- 1 cup vermouth dry
- 2 tablespoons flour all-purpose
- 3 garlic cloves crushed

- 1 cup low-salt chicken broth
- 1 cup onion chopped
- 3 tablespoons orange juice fresh
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

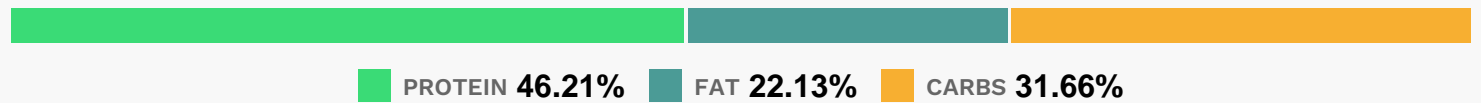
Equipment

- frying pan

Directions

- Trim fat from beef; cut beef into 1-inch cubes. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add beef and onion; saute 5 minutes.
- Combine flour, salt, and pepper; sprinkle over beef mixture, and cook 1 minute, stirring constantly.
- Add mushrooms and next 7 ingredients (mushrooms through tomatoes); bring to a boil. Reduce heat, and simmer, uncovered, 40 minutes or until beef is tender, stirring occasionally.
- Garnish with parsley, if desired.
- Note: Substitute 1 cup chicken broth for the 1 cup vermouth, if desired.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:6.31, Inflammation Score:-7, Nutrition Score:24.220434800438%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 301.54kcal (15.08%), Fat: 6.6g (10.15%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 17.69g (6.43%), Sugar: 8.53g (9.48%), Cholesterol: 70.31mg (23.44%), Sodium: 367.5mg (15.98%), Alcohol: 5.7g (100%), Alcohol %: 1.6% (100%), Protein: 31g (62%), Vitamin B3: 12.13mg (60.64%), Selenium: 39.12µg (55.89%), Vitamin B6: 1.05mg (52.33%), Zinc: 5.5mg (36.68%), Phosphorus: 365.55mg (36.55%), Vitamin B12: 2.18µg (36.33%), Vitamin B2: 0.52mg (30.58%), Potassium: 1025.06mg (29.29%), Copper: 0.55mg (27.55%), Iron: 4.79mg (26.63%), Vitamin C: 20.75mg (25.15%), Manganese: 0.4mg (19.89%), Vitamin B1: 0.29mg (19.55%), Vitamin B5: 1.74mg (17.36%), Magnesium: 62.52mg (15.63%), Folate: 57.23µg (14.31%), Fiber: 3.55g (14.18%), Vitamin K: 13.66µg (13.01%), Vitamin E: 1.68mg (11.23%), Calcium: 84.39mg (8.44%), Vitamin A: 254.75IU (5.09%)