



Beef and Walnut Stew

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef chuck steak cut into 2 inch strips
- 2 tablespoons butter
- 1.5 pounds mushrooms fresh sliced
- 1 clove garlic crushed
- 8 servings ground pepper black to taste
- 1 large onion cut in strips
- 1 large bell pepper red cut into strips
- 8 servings salt to taste

- 1 cup sacramento tomato juice
- 2 tablespoons vegetable oil
- 1.5 cups walnut pieces

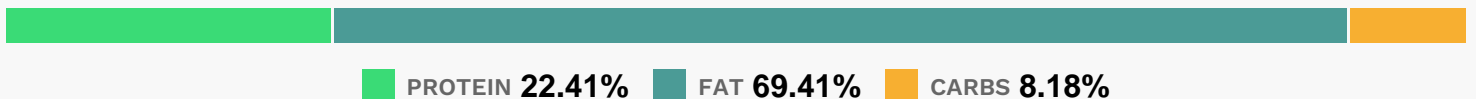
Equipment

- frying pan
- slotted spoon

Directions

- In a large pan, melt butter in oil over medium heat. Cook meat in hot fat until browned on all sides.
- Remove with slotted spoon to a warmed dish.
- Place garlic, peppers, and onion in remaining oil, and lightly fry until onion is clear. Return meat to pan; lightly mix together. Stir in walnut pieces, and cook and stir for one minute. Stir in tomato juice, and season to taste with salt and pepper. Cover, and bring to a boil. Reduce heat, and simmer for 1 1/2 hours.
- Stir in mushrooms; cook for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:31.79, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:26.642173875933%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 481.08kcal (24.05%), Fat: 38.62g (59.42%), Saturated Fat: 11.26g (70.39%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 7.02g (2.55%), Sugar: 5g (5.56%), Cholesterol: 84.64mg (28.21%), Sodium: 302.79mg (13.16%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 28.05g (56.11%), Zinc: 9.6mg (64.03%), Vitamin B12: 3.03µg (50.56%), Selenium: 31.62µg (45.18%), Manganese: 0.89mg (44.35%), Vitamin B3: 8.71mg (43.56%), Vitamin C: 35.37mg (42.88%), Vitamin B6: 0.79mg (39.32%), Phosphorus: 375.5mg (37.55%), Copper: 0.72mg (36.07%), Vitamin B2: 0.57mg (33.57%), Potassium: 898.92mg (25.68%), Vitamin B5: 2.31mg (23.14%), Iron: 3.77mg (20.93%), Magnesium: 73.01mg (18.25%), Vitamin B1: 0.27mg (17.81%), Vitamin A: 888.36IU (17.77%), Folate: 58.56µg (14.64%), Fiber: 3.22g (12.9%), Vitamin K: 10.74µg (10.23%), Vitamin E: 1.11mg (7.38%), Calcium: 50.79mg (5.08%), Vitamin D: 0.28µg (1.89%)