



Beef Goulash

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds baking potato diced peeled
- 10 ounce double-strength beef broth canned
- 2 pounds beef stew meat lean cut into bite-sized pieces
- 1 cup carrots ()
- 1.5 ounces flour all-purpose
- 2 teaspoons garlic minced
- 2 teaspoons hungarian paprika sweet
- 0.3 cup catsup

- 2 cups onion chopped (1 large)
- 1 cup bell pepper red chopped (1 medium)
- 1 teaspoon salt
- 1 tablespoon worcestershire sauce

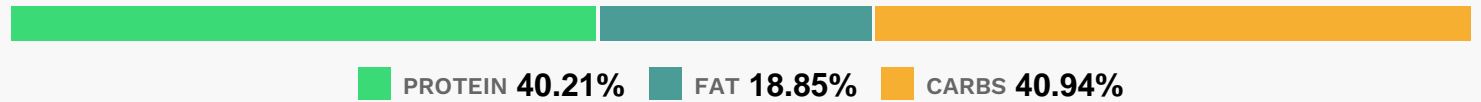
Equipment

- bowl
- slow cooker

Directions

- Combine flour and beef in a medium bowl; toss well.
- Combine beef mixture, potatoes, and remaining ingredients in an electric slow cooker. Cover and cook on low for 8 hours.

Nutrition Facts



Properties

Glycemic Index:38.82, Glycemic Load:16.67, Inflammation Score:-10, Nutrition Score:24.154347792916%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg

Nutrients (% of daily need)

Calories: 289.44kcal (14.47%), Fat: 6.04g (9.28%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 26.51g (9.64%), Sugar: 6.18g (6.87%), Cholesterol: 70.31mg (23.44%), Sodium: 622.55mg (27.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.93%), Vitamin A: 3557.08IU (71.14%), Vitamin B6: 1.2mg (59.99%), Selenium: 34.26µg (48.94%), Vitamin B3: 9.73mg (48.66%), Vitamin C: 33.52mg (40.63%), Vitamin B12: 2.12µg (35.38%), Zinc: 5.21mg (34.71%), Phosphorus: 329.57mg (32.96%), Potassium: 974.63mg (27.85%), Iron: 3.85mg (21.42%), Vitamin B2: 0.31mg (17.97%), Vitamin B1: 0.26mg (17.49%), Manganese: 0.32mg (15.78%), Magnesium: 59.47mg (14.87%), Folate: 57.63µg (14.41%), Copper: 0.25mg (12.56%), Fiber: 2.99g (11.95%), Vitamin B5: 0.95mg (9.54%), Vitamin E: 1.05mg (7.02%), Vitamin K: 6.83µg (6.5%), Calcium: 57.77mg

(5.78%)