



## Beef Stew



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 pounds stew beef cubed
- ☐ 24 ounces beef stock
- ☐ 2 cups beefsteak tomatoes chopped
- ☐ 2 cups carrots chopped
- ☐ 1 cup celery chopped
- ☐ 2 tablespoons cornstarch
- ☐ 6 cloves garlic smashed
- ☐ 8 servings olive oil

- ☐ 1 cup onions    diced
- ☐ 0.5 teaspoon pepper flakes    red
- ☐ 8 servings salt and pepper
- ☐ 0.5 teaspoon turmeric

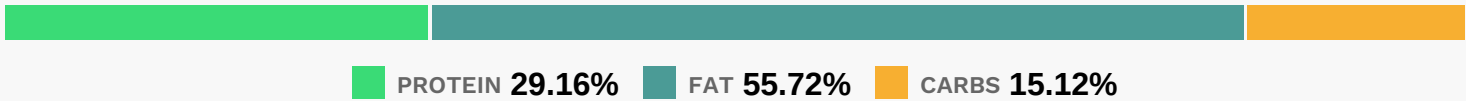
## Equipment

- ☐ pot

## Directions

- ☐ In a large stew pot over medium-high heat, add 4 tablespoons olive oil.
- ☐ Add onions, carrots, celery, garlic, cornstarch, tomatoes, turmeric, and red pepper flakes.
- ☐ Saute for 5 to 7 minutes.
- ☐ Add the stew beef and the beef stock.
- ☐ Add salt and pepper to taste. Reduce heat and let stew simmer for 1 hour 30 minutes. Stir periodically.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:22.35, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:20.26260875619%

## Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

## Nutrients (% of daily need)

Calories: 299.19kcal (14.96%), Fat: 18.57g (28.58%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 9.06g (3.29%), Sugar: 4.58g (5.09%), Cholesterol: 52.73mg (17.58%), Sodium: 448.69mg

(19.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.75%), Vitamin A: 5932.97IU (118.66%), Vitamin B6: 0.76mg (37.99%), Vitamin B3: 7.25mg (36.27%), Selenium: 25.17µg (35.96%), Zinc: 3.95mg (26.33%), Vitamin B12: 1.57µg (26.22%), Phosphorus: 247.86mg (24.79%), Potassium: 766.82mg (21.91%), Vitamin K: 22.4µg (21.33%), Vitamin E: 2.9mg (19.34%), Vitamin B2: 0.26mg (15.28%), Vitamin C: 12.6mg (15.27%), Iron: 2.51mg (13.92%), Vitamin B1: 0.17mg (11.13%), Manganese: 0.22mg (10.75%), Magnesium: 41.15mg (10.29%), Copper: 0.2mg (9.86%), Fiber: 2.28g (9.13%), Folate: 36.21µg (9.05%), Vitamin B5: 0.58mg (5.81%), Calcium: 54.1mg (5.41%)