



 **88%**
HEALTH SCORE

Beef Stew

 Dairy Free  Very Healthy

READY IN



345 min.

SERVINGS



8

CALORIES



918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

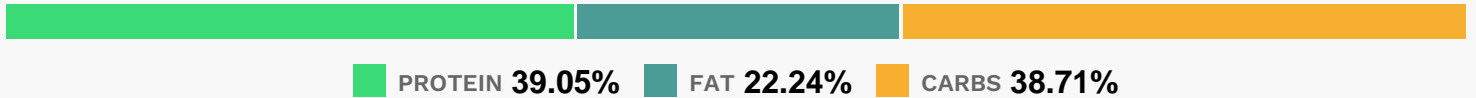
Ingredients

- 2 lbs baby carrots fresh cut in half crosswise
- 2 bay leaves
- 16 teaspoons beef bouillon granules
- 1 teaspoon pepper black
- 4 cups flour
- 2 lbs green beans fresh
- 1 large onion diced
- 2 lbs potatoes

- 1 prime rib roast
- 1 teaspoon salt
- 6 lbs stew meat boneless cut in cubes
- 0.8 cup vegetable oil
- 16 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:32.97, Glycemic Load:51.65, Inflammation Score:-10, Nutrition Score:60.472173913043%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 917.51kcal (45.88%), Fat: 22.3g (34.31%), Saturated Fat: 6.72g (42%), Carbohydrates: 87.33g (29.11%), Net Carbohydrates: 76.41g (27.78%), Sugar: 11.52g (12.81%), Cholesterol: 211.17mg (70.39%), Sodium: 1569.03mg (68.22%), Protein: 88.09g (176.17%), Vitamin A: 16425.64IU (328.51%), Selenium: 118.7µg (169.57%), Vitamin B3: 29.5mg (147.48%), Vitamin B6: 2.89mg (144.73%), Vitamin B12: 6.34µg (105.62%), Zinc: 15.48mg (103.2%), Phosphorus: 953.45mg (95.34%), Iron: 13.14mg (72.99%), Vitamin K: 73.85µg (70.33%), Vitamin B1: 1.04mg (69.45%), Potassium: 2259.71mg (64.56%), Vitamin B2: 1.06mg (62.56%), Folate: 249.72µg (62.43%), Manganese: 1.14mg (56.89%), Vitamin C: 40.52mg (49.12%), Fiber: 10.92g (43.68%), Magnesium: 170.26mg (42.56%), Copper: 0.82mg (41.21%), Vitamin B5: 2.84mg (28.41%), Calcium: 188.28mg (18.83%), Vitamin E: 1.88mg (12.5%)