


 **57%**  
HEALTH SCORE

# Beef Stew


 Dairy Free

READY IN




**140 min.**

SERVINGS



**4**

CALORIES



**580 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

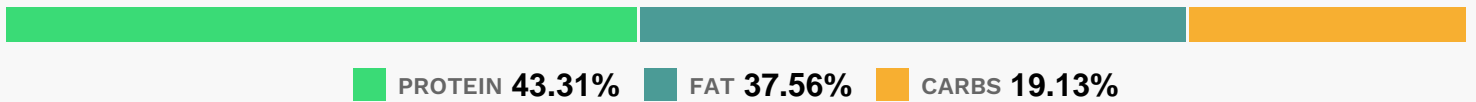
## Ingredients

- 1 bay leaves
- 2 cups beef broth
- 2 lbs stew meat boneless cut into 1 1/2 inch pieces
- 1 tablespoon butter
- 8 ounces baby carrots peeled halved cut into 1 inch pieces or baby carrots,
- 1 small fennel bulb
- 1 tablespoon flour
- 1 cup peas fresh frozen shelled thawed

- 0.5 teaspoon thyme dried fresh
- 1 garlic clove minced
- 1 onion chopped
- 2 tablespoons parsley minced
- 6 parsley
- 1.3 cups red wine
- 4 servings salt and pepper to taste
- 2 tablespoons vegetable oil
- 6 ounces onion white boiling ( 2-3)

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:81.83, Glycemic Load:5.38, Inflammation Score:-10, Nutrition Score:45.004782608696%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg Malvidin: 10.38mg, Malvidin: 10.38mg, Malvidin: 10.38mg, Malvidin: 10.38mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 7.65mg, Apigenin: 7.65mg, Apigenin: 7.65mg, Apigenin: 7.65mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.52mg, Isorhamnetin: 3.52mg, Isorhamnetin: 3.52mg, Isorhamnetin: 3.52mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 15.15mg, Quercetin: 15.15mg, Quercetin: 15.15mg, Quercetin: 15.15mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 579.92kcal (29%), Fat: 21.6g (33.23%), Saturated Fat: 5.74g (35.87%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 17.79g (6.47%), Sugar: 10.53g (11.7%), Cholesterol: 140.61mg (46.87%), Sodium: 884.66mg (38.46%), Alcohol: 7.95g (44.17%), Protein: 56.03g (112.06%), Vitamin A: 8603.8IU (172.08%), Vitamin K: 126.43µg (120.41%), Selenium: 66.49µg (94.98%), Vitamin B3: 18.13mg (90.63%), Vitamin B6: 1.78mg (89.14%), Vitamin B12: 4.28µg (71.39%), Zinc: 10.39mg (69.27%), Phosphorus: 631.33mg (63.13%), Potassium: 1527.74mg (43.65%), Iron: 7.32mg (40.65%), Vitamin C: 33.15mg (40.18%), Vitamin B2: 0.53mg (31.33%), Manganese: 0.62mg (31.12%), Fiber: 6.95g (27.8%), Folate: 109.8µg (27.45%), Vitamin B1: 0.39mg (25.92%), Magnesium: 103.18mg (25.79%), Copper: 0.43mg (21.42%), Vitamin B5: 1.55mg (15.52%), Calcium: 138.48mg (13.85%), Vitamin E: 1.78mg (11.89%)