



Beef Stew

 Dairy Free

READY IN



165 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds ground beef trimmed cut into 1 ½-inch cubes
- 0.3 cup tomato paste
- 3 tablespoons balsamic vinegar
- 2 tablespoons flour all-purpose
- 1 serving coarse mustard
- 1 pound onion cut into 1-inch chunks (2)
- 1 pound baby potatoes white red scrubbed halved well (6)
- 1 pound carrots cut into 1 ½-inch lengths

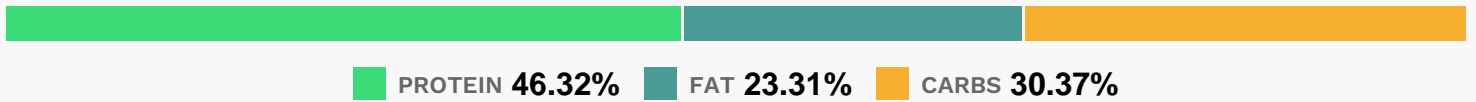
- 6 garlic clove smashed
- 2 bay leaves

Equipment

Directions

- Buttery, Flaky, and Satisfying Dinner
- Roll and Biscuit Recipes
- Golden Cornbread Recipes That You'll Fall in Love With
- Sesame Crunch Sticks
- Cornmeal Poppy Seed Twists
- Martha's Cheese Straws
- Crispy Parmesan-Marjoram Toasts
- Easy Crisp Garlic Bread

Nutrition Facts



Properties

Glycemic Index:64.93, Glycemic Load:16.94, Inflammation Score:-10, Nutrition Score:37.12043483361%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.09mg, Quercetin: 16.09mg, Quercetin: 16.09mg, Quercetin: 16.09mg

Nutrients (% of daily need)

Calories: 463.32kcal (23.17%), Fat: 11.8g (18.16%), Saturated Fat: 5.2g (32.52%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 28.76g (10.46%), Sugar: 10.4g (11.55%), Cholesterol: 140.61mg (46.87%), Sodium: 335.97mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.77g (105.55%), Vitamin A: 12857.44IU (257.15%), Vitamin B12: 5.08µg (84.67%), Zinc: 12.23mg (81.53%), Vitamin B3: 14.71mg (73.55%), Vitamin B6: 1.38mg (68.9%), Selenium: 42.47µg (60.67%), Phosphorus: 562.36mg (56.24%), Potassium: 1627.96mg (46.51%), Iron: 7.06mg (39.22%),

Vitamin C: 29.09mg (35.26%), Vitamin B2: 0.49mg (28.95%), Manganese: 0.47mg (23.59%), Fiber: 5.84g (23.35%), Magnesium: 92.73mg (23.18%), Vitamin B5: 2.03mg (20.31%), Copper: 0.39mg (19.42%), Vitamin B1: 0.27mg (18.27%), Folate: 58.69µg (14.67%), Vitamin K: 14.13µg (13.46%), Vitamin E: 1.79mg (11.93%), Calcium: 85.83mg (8.58%), Vitamin D: 0.23µg (1.51%)