



HEALTH SCORE

62%

Beef Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1.5 pounds beef stew meat cut into 1-inch pieces
- ☐ 1 cup wine dry red
- ☐ 2 cups diagonally cut carrot
- ☐ 1.5 cups celery sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1.3 teaspoons kosher salt
- ☐ 8 ounces mushrooms halved
- ☐ 29 ounce no-salt-added stewed tomatoes undrained canned
- ☐ 1.5 teaspoons olive oil
- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 1.5 cups onion coarsely chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 1.5 cups water

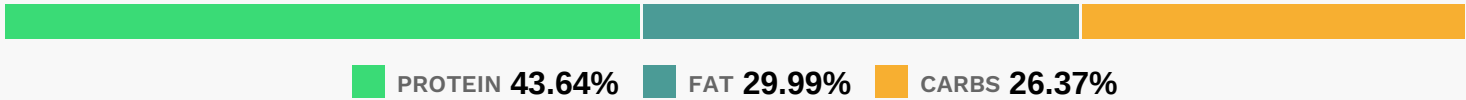
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add beef; cook 5 minutes, browning on all sides.
- ☐ Remove from pan.
- ☐ Add mushrooms and next 4 ingredients (mushrooms through garlic) to pan; cook 5 minutes, stirring occasionally. Return beef to pan. Stir in water and next 6 ingredients (water through bay leaves); bring to a boil. Cover, reduce heat, and simmer 1 hour. Stir in olives, and cook for 30 minutes or until beef is tender. Discard bay leaves. Stir in vinegar.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:38.64, Glycemic Load:2.69, Inflammation Score:-10, Nutrition Score:29.38826084137%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 6.11mg, Apigenin: 6.11mg, Apigenin: 6.11mg, Apigenin: 6.11mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 288.73kcal (14.44%), Fat: 8.78g (13.51%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 17.37g (5.79%), Net Carbohydrates: 12.83g (4.66%), Sugar: 8.16g (9.06%), Cholesterol: 70.31mg (23.44%), Sodium: 785.67mg (34.16%), Alcohol: 4.2g (100%), Alcohol %: 1.03% (100%), Protein: 28.74g (57.48%), Vitamin A: 7660.54IU (153.21%), Vitamin K: 61.86µg (58.91%), Vitamin B6: 1.08mg (53.83%), Vitamin B3: 10.62mg (53.1%), Selenium: 35.66µg (50.94%), Zinc: 5.37mg (35.78%), Vitamin B12: 2.11µg (35.22%), Phosphorus: 339.08mg (33.91%), Potassium: 1051.42mg (30.04%), Vitamin C: 23.52mg (28.5%), Vitamin B2: 0.46mg (27.27%), Iron: 4.5mg (24.99%), Copper: 0.4mg (20.06%), Fiber: 4.54g (18.17%), Vitamin B1: 0.26mg (17.1%), Manganese: 0.32mg (16.1%), Magnesium: 61.43mg (15.36%), Folate: 61.38µg (15.34%), Vitamin E: 2.21mg (14.73%), Vitamin B5: 1.47mg (14.69%), Calcium: 113.93mg (11.39%)