



Beef Stew, Bologna Style



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef top sirloin steaks boneless
- ☐ 1 tablespoon olive oil
- ☐ 4 ounces pancetta lean sliced cut into 1/2-inch pieces
- ☐ 0.5 cup onion chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 cup beef broth sweet

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 medium potatoes cut into 1-inch pieces
- ☐ 0.5 cup carrots thinly sliced
- ☐ 2 bay leaves fresh

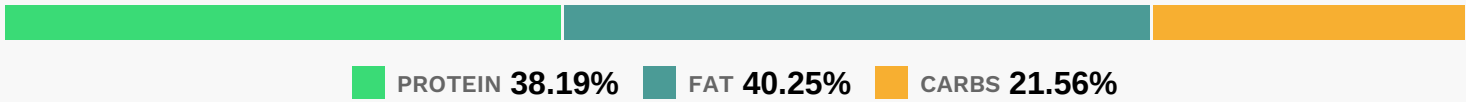
Equipment

- ☐ dutch oven

Directions

- ☐ Remove fat from beef.
- ☐ Cut beef into 1-inch cubes.
- ☐ Heat oil in nonstick 4-quart Dutch oven over medium heat. Cook pancetta, onion, bell pepper, garlic and parsley in oil about 10 minutes, stirring occasionally, until pancetta is brown.
- ☐ Stir in beef and remaining ingredients.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 1 hour, stirring occasionally, until beef is tender.
- ☐ Remove bay leaves.

Nutrition Facts



Properties

Glycemic Index:51.93, Glycemic Load:10.1, Inflammation Score:-9, Nutrition Score:21.226521740789%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 319.99kcal (16%), Fat: 14.1g (21.69%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 14.4g (5.24%), Sugar: 2.64g (2.93%), Cholesterol: 79.38mg (26.46%), Sodium: 448.44mg (19.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.1g (60.19%), Selenium: 39.44µg (56.35%), Vitamin B6: 1.08mg (53.8%), Vitamin B3: 9.41mg (47.07%), Vitamin C: 36.78mg (44.59%), Vitamin A: 1941.3IU (38.83%), Zinc: 5.07mg (33.79%), Phosphorus: 327.31mg (32.73%), Potassium: 871.84mg (24.91%), Vitamin B12: 1.19µg (19.81%), Vitamin K: 18.39µg (17.51%), Iron: 2.78mg (15.46%), Vitamin B1: 0.22mg (14.99%), Magnesium: 51.66mg (12.92%), Vitamin B2: 0.2mg (11.84%), Vitamin B5: 1.14mg (11.45%), Manganese: 0.22mg (11.24%), Fiber: 2.58g (10.33%), Copper: 0.2mg (10.22%), Folate: 35.06µg (8.77%), Vitamin E: 0.91mg (6.09%), Calcium: 50.06mg (5.01%)