



## Beef Stew I

 Dairy Free  Very Healthy

READY IN



245 min.

SERVINGS



8

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds beef stew meat cubed
- 0.5 teaspoon browning sauce
- 2 cups carrots chopped
- 2 teaspoons rosemary dried
- 2 tablespoons flour all-purpose
- 1 cup corn kernels fresh
- 1 cup green beans fresh cut into 1 inch pieces
- 0.5 teaspoon ground pepper black

- 0.3 cup rice instant
- 2 tablespoons olive oil
- 4 cups potatoes cubed
- 0.5 teaspoon salt
- 6 cups water

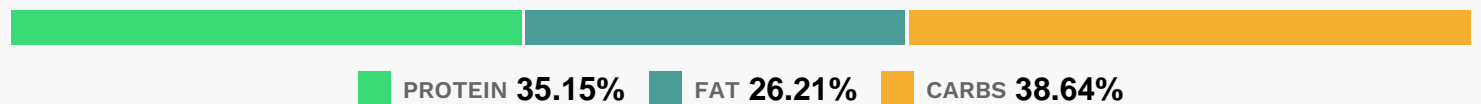
## Equipment

- pot

## Directions

- Heat oil in large pot.
- Add beef and flour, stirring to coat beef; brown.
- Add water, salt, and pepper.
- Heat to boiling; reduce heat, and simmer 1 hour.
- Stir in potatoes, carrots (or turnips), browning sauce, and rosemary. Simmer 1–2 hours.
- Add corn, green beans, and rice; simmer for 30 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:51.85, Glycemic Load:18.55, Inflammation Score:-10, Nutrition Score:25.800434651582%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 332.47kcal (16.62%), Fat: 9.64g (14.82%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 31.97g (10.66%), Net Carbohydrates: 27.86g (10.13%), Sugar: 3.99g (4.44%), Cholesterol: 70.31mg (23.44%), Sodium: 250.7mg (10.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.08g (58.16%), Vitamin A: 5478.25IU (109.57%), Vitamin B6: 1.14mg (57.09%), Vitamin B3: 9.71mg (48.55%), Selenium: 33.47µg (47.81%), Zinc: 5.31mg (35.41%),

Vitamin B12: 2.1µg (34.96%), Phosphorus: 345.1mg (34.51%), Vitamin C: 25.5mg (30.91%), Potassium: 1019.71mg (29.13%), Iron: 3.66mg (20.34%), Manganese: 0.37mg (18.7%), Vitamin B1: 0.27mg (17.93%), Magnesium: 69.25mg (17.31%), Fiber: 4.11g (16.43%), Vitamin B2: 0.27mg (15.9%), Copper: 0.3mg (15.2%), Vitamin K: 15.87µg (15.11%), Folate: 53.76µg (13.44%), Vitamin B5: 1.12mg (11.22%), Vitamin E: 1.14mg (7.62%), Calcium: 58.38mg (5.84%)