

Beef Stew IV

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 pound beef stew meat cubed
- ☐ 3 carrots quartered
- ☐ 0.5 cup corn kernels frozen
- ☐ 0.3 cup flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 onion diced finely

- ☐ 0.3 teaspoon paprika
- ☐ 3 potatoes peeled quartered
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons shortening
- ☐ 4 cups water
- ☐ 1 teaspoon worcestershire sauce

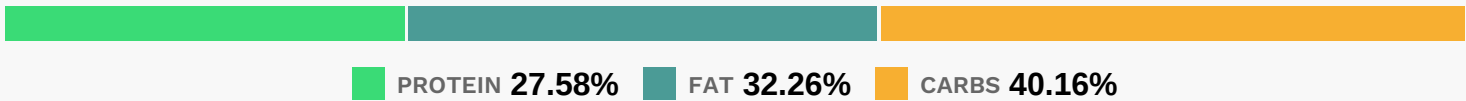
Equipment

- ☐ pot

Directions

- ☐ Dredge beef in flour and then, in a medium stock pot, brown beef on all sides in shortening.
- ☐ Add salt, pepper, water, onion, paprika, garlic, Worcestershire sauce and bay leave. Bring to a boil, cover and simmer for 2 hours or until meat is tender.
- ☐ Add carrots and potatoes and simmer for 45 minutes or until tender.
- ☐ Remove bay leave and meat from stew, add 1 tablespoon flour or cornstarch and mix, in order to thicken stew. After mixing let sit for a few minutes to thicken, if not to desired thickness add more flour or cornstarch and repeat.
- ☐ Once thickened return meat and add corn to stew, heat through and serve.

Nutrition Facts



Properties

Glycemic Index:51.6, Glycemic Load:17.9, Inflammation Score:-10, Nutrition Score:21.070000109465%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 294.28kcal (14.71%), Fat: 10.57g (16.26%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 25.63g (9.32%), Sugar: 3.79g (4.21%), Cholesterol: 46.87mg (15.62%), Sodium: 507.5mg (22.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.33g (40.67%), Vitamin A: 5147.12IU (102.94%), Vitamin B6: 0.89mg (44.39%), Vitamin B3: 7.02mg (35.08%), Selenium: 23.31µg (33.31%), Vitamin C: 24.65mg (29.88%), Phosphorus: 252.86mg (25.29%), Potassium: 866.76mg (24.76%), Zinc: 3.67mg (24.45%), Vitamin B12: 1.4µg (23.31%), Iron: 2.89mg (16.08%), Fiber: 3.98g (15.91%), Vitamin B1: 0.23mg (15.55%), Manganese: 0.31mg (15.46%), Magnesium: 53.14mg (13.28%), Vitamin B2: 0.22mg (12.86%), Folate: 50.91µg (12.73%), Copper: 0.25mg (12.61%), Vitamin K: 10.6µg (10.1%), Vitamin B5: 0.87mg (8.71%), Vitamin E: 0.88mg (5.84%), Calcium: 50.14mg (5.01%)