



Beef Stew V

READY IN



200 min.

SERVINGS



16

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cubes beef bouillon from cube
- 3 pounds beef stew meat cut into 1 inch cubes
- 0.3 cup butter
- 8 ounce canned tomatoes whole peeled canned
- 6 carrots chopped
- 6 stalks celery chopped
- 0.1 teaspoon thyme leaves dried
- 0.3 cup flour all-purpose
- 2 cloves garlic minced

- 1 teaspoon ground pepper black divided
- 1 onion chopped
- 2 tablespoons parsley chopped
- 2 cups pearl onions
- 6 potatoes cubed
- 1 cup red wine
- 2 teaspoons salt divided
- 1 tablespoon vegetable oil
- 3 cups water

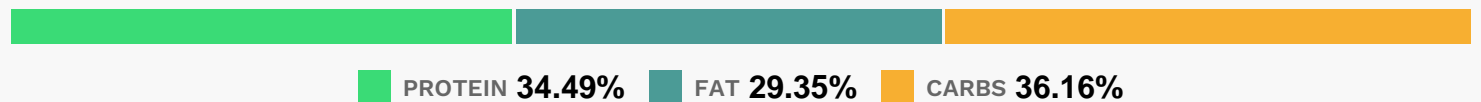
Equipment

- frying pan
- pot

Directions

- Season the stew meat with some of the salt and pepper and coat with flour. In a large skillet over medium-high heat,
- Sauté the beef and onions in the butter and oil until browned on the outside.
- Transfer the beef and onions to a stockpot and stir in the tomatoes, water and bouillon cubes. Season with garlic, parsley, thyme and remaining salt and pepper. Stir in the red wine.
- Cover soup and simmer for 1 1/2 hours before adding carrots, celery potatoes and pearl onions. Continue to simmer until potatoes are tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:28.16, Glycemic Load:12.95, Inflammation Score:-10, Nutrition Score:20.5813044446511%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 262.95kcal (13.15%), Fat: 8.18g (12.59%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 19.18g (6.97%), Sugar: 3.9g (4.33%), Cholesterol: 60.36mg (20.12%), Sodium: 420.51mg (18.28%), Alcohol: 1.59g (100%), Alcohol %: 0.63% (100%), Protein: 21.64g (43.28%), Vitamin A: 4039.83IU (80.8%), Vitamin B6: 0.91mg (45.41%), Vitamin B3: 7.17mg (35.85%), Selenium: 24.87µg (35.53%), Vitamin C: 22.35mg (27.09%), Zinc: 3.98mg (26.54%), Vitamin B12: 1.58µg (26.33%), Phosphorus: 260.81mg (26.08%), Potassium: 846.67mg (24.19%), Vitamin K: 20.93µg (19.94%), Iron: 2.91mg (16.17%), Manganese: 0.3mg (14.89%), Fiber: 3.51g (14.04%), Vitamin B1: 0.2mg (13.47%), Magnesium: 51.72mg (12.93%), Vitamin B2: 0.22mg (12.82%), Folate: 46.3µg (11.57%), Copper: 0.22mg (11.23%), Vitamin B5: 0.79mg (7.91%), Calcium: 58.03mg (5.8%), Vitamin E: 0.72mg (4.78%)