

Beef Stew VI



Gluten Free



Dairy Free



Popular

READY IN



140 min.

SERVINGS



10

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cubes beef bouillon from cube crumbled
- ☐ 2 pounds beef stew meat cubed
- ☐ 4 carrots cut into 1 inch pieces
- ☐ 4 stalks celery cut into 1 inch pieces
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon parsley dried
- ☐ 1 teaspoon rosemary dried
- ☐ 0.5 teaspoon ground pepper black

- ☐ 1 large onion chopped
- ☐ 3 large potatoes cubed peeled
- ☐ 3 tablespoons vegetable oil
- ☐ 2 teaspoons water cold

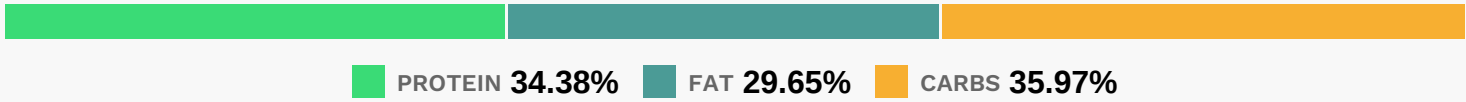
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot. Stir in rosemary, parsley and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.
- ☐ Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.

Nutrition Facts



Properties

Glycemic Index:29.16, Glycemic Load:15.33, Inflammation Score:-10, Nutrition Score:21.273478217747%

Flavonoids

Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 268.51kcal (13.43%), Fat: 8.79g (13.52%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 20.33g (7.39%), Sugar: 2.87g (3.19%), Cholesterol: 56.25mg (18.75%), Sodium: 93.79mg (4.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.86%), Vitamin A: 4151.67IU (83.03%), Vitamin B6: 0.98mg (49.16%), Vitamin B3: 7.62mg (38.1%), Selenium: 25.65µg (36.65%), Vitamin C: 24.87mg (30.15%), Zinc:

4.2mg (28.01%), Vitamin B12: 1.68µg (27.99%), Phosphorus: 275.34mg (27.53%), Potassium: 919.55mg (26.27%),
Vitamin K: 18.96µg (18.06%), Iron: 2.89mg (16.05%), Fiber: 3.67g (14.66%), Magnesium: 53.71mg (13.43%),
Manganese: 0.27mg (13.35%), Vitamin B1: 0.2mg (13.3%), Vitamin B2: 0.21mg (12.28%), Copper: 0.23mg (11.64%),
Folate: 42.85µg (10.71%), Vitamin B5: 0.85mg (8.49%), Vitamin E: 0.83mg (5.51%), Calcium: 49.24mg (4.92%)