



HEALTH SCORE

55%

Beef Stew With Ale



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce ale
- ☐ 1.5 pounds baking potato peeled cut into 1-inch pieces
- ☐ 1 bay leaf
- ☐ 1 pound carrots sliced
- ☐ 1 tablespoon cider vinegar
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup flour all-purpose

- ☐ 3 cups onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 14.5 ounce reduced sodium chicken broth fat-free canned
- ☐ 1.5 pounds boned round steak lean cut into 1-inch cubes
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vegetable oil
- ☐ 1 teaspoon worcestershire sauce

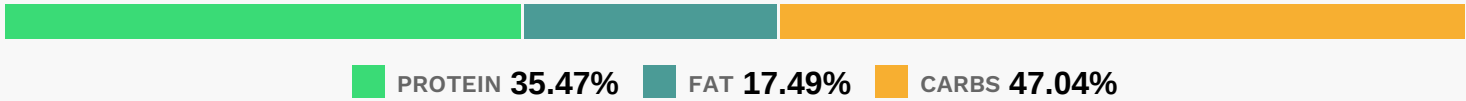
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine flour, salt, and pepper in a shallow dish; stir well. Dredge beef in flour mixture.
- ☐ Coat a Dutch oven with cooking spray; add oil, and place pan over medium-high heat until hot.
- ☐ Add meat and any remaining flour mixture; cook 6 minutes or until meat is browned, stirring occasionally (pan will be dry).
- ☐ Add onion, potato, and carrot to meat mixture; cook 2 minutes, stirring constantly. Stir in rosemary and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:83.22, Glycemic Load:28.65, Inflammation Score:-10, Nutrition Score:33.656956514587%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 4.81mg,

Isorhamnetin: 4.81mg, Isorhamnetin: 4.81mg, Isorhamnetin: 4.81mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 19.69mg, Quercetin: 19.69mg, Quercetin: 19.69mg, Quercetin: 19.69mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 448.77kcal (22.44%), Fat: 8.39g (12.91%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 44.62g (16.23%), Sugar: 9.47g (10.52%), Cholesterol: 85.73mg (28.58%), Sodium: 426.69mg (18.55%), Alcohol: 2.65g (100%), Alcohol %: 0.54% (100%), Protein: 38.31g (76.61%), Vitamin A: 15165.28IU (303.31%), Vitamin B6: 1.66mg (82.98%), Vitamin B3: 13.66mg (68.31%), Selenium: 42.58µg (60.83%), Phosphorus: 478.74mg (47.87%), Potassium: 1586.18mg (45.32%), Zinc: 6.76mg (45.05%), Vitamin B12: 2.67µg (44.46%), Iron: 5.22mg (28.98%), Manganese: 0.56mg (27.92%), Vitamin B1: 0.4mg (26.59%), Vitamin C: 20.43mg (24.77%), Vitamin B2: 0.42mg (24.7%), Fiber: 6.17g (24.68%), Magnesium: 92.75mg (23.19%), Folate: 88.18µg (22.05%), Copper: 0.41mg (20.73%), Vitamin K: 19.92µg (18.97%), Vitamin B5: 1.75mg (17.5%), Calcium: 107.91mg (10.79%), Vitamin E: 1.13mg (7.51%)