



## Beef Stew with Almonds and Olives

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds fat-trimmed boned beef chuck
- 0.3 cup blanched almonds and
- 0.5 cup calamata olives pitted
- 1 teaspoon cornstarch
- 0.7 cup cooking sherry dry
- 2 cups fat-skimmed beef broth
- 2 bay leaves fresh
- 2 cloves garlic minced pressed

- 8 oz onion peeled chopped
- 2 tablespoons parsley chopped

## Equipment

- bowl
- frying pan

## Directions

- Cut beef into 1-inch cubes.
- Place meat, onion, garlic, bay leaves, and 1/3 cup water in a 5- to 6-quart pan. Bring to a boil over high heat, cover, reduce heat to medium, and boil 20 minutes. Uncover and boil over high heat, stirring often, until juices evaporate and a dark brown film forms in pan, 10 to 15 minutes.
- Add broth, 1/3 cup sherry, and almonds; stir to release brown film from pan. Return to a boil. Cover, reduce heat, and simmer 1 hour.
- Add olives. Cover and simmer until beef is tender when pierced, 10 to 15 minutes longer.
- If more than 1 cup liquid is in pan, boil, uncovered, over high heat until reduced to 1 cup.
- Mix 1/3 cup sherry with cornstarch.
- Add to pan; stir until boiling.
- Pour into a bowl; sprinkle with parsley.

## Nutrition Facts

 **PROTEIN 35.09%**  **FAT 57.34%**  **CARBS 7.57%**

## Properties

Glycemic Index:17.33, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:21.143478206966%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.89mg,

Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

## **Nutrients (% of daily need)**

Calories: 372.8kcal (18.64%), Fat: 22.91g (35.25%), Saturated Fat: 8.15g (50.91%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 5.02g (1.83%), Sugar: 2.38g (2.64%), Cholesterol: 104.33mg (34.78%), Sodium: 612.57mg (26.63%), Alcohol: 2.75g (100%), Alcohol %: 1.12% (100%), Protein: 31.55g (63.1%), Zinc: 11.72mg (78.13%), Vitamin B12: 4.28µg (71.32%), Selenium: 33.5µg (47.86%), Vitamin B3: 7.33mg (36.64%), Phosphorus: 346.09mg (34.61%), Vitamin B6: 0.67mg (33.7%), Vitamin K: 24.57µg (23.4%), Iron: 3.8mg (21.1%), Potassium: 660.87mg (18.88%), Vitamin B2: 0.3mg (17.77%), Vitamin E: 2.38mg (15.89%), Magnesium: 56.75mg (14.19%), Manganese: 0.25mg (12.63%), Vitamin B5: 1.11mg (11.13%), Copper: 0.21mg (10.63%), Vitamin B1: 0.14mg (9.51%), Fiber: 1.78g (7.11%), Calcium: 66mg (6.6%), Vitamin C: 4.9mg (5.94%), Folate: 18.6µg (4.65%), Vitamin A: 179.58IU (3.59%), Vitamin D: 0.15µg (1.01%)