



Beef Stew with Chocolate

 Dairy Free

READY IN



365 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef stew meat cut into bite-sized pieces
- 2 tablespoons bittersweet chocolate finely grated
- 8 ounce brown mushrooms sliced
- 14 ounce beef broth low-sodium canned
- 14.5 ounce canned tomatoes diced canned
- 2 tablespoons canola oil
- 1 cup carrots frozen sliced
- 1 tablespoon flour all-purpose

- 1 teaspoon garlic crushed
- 1 teaspoon ground pepper black plus more for seasoning
- 1 teaspoon kosher salt plus more for seasoning
- 1 leek white cleaned sliced
- 3 cups potatoes diced red
- 1 cup red wine
- 1.5 ounce meatloaf seasoning (recommended: McCormick)

Equipment

- bowl
- frying pan
- slow cooker

Directions

- In a large bowl combine beef stew meat, salt, pepper and flour. Toss until beef is well coated.
- Heat the canola in a large saute pan over high heat.
- Add seasoned beef and sear on all sides until brown and caramelized.
- Remove to a plate and set aside.
- Combine seared beef, carrots, mushrooms, potatoes and tomatoes in a 4-quart slow cooker.
- In a medium bowl, stir together grated chocolate, garlic, meatloaf packet, beef broth, and red wine.
- Pour into slow cooker and sprinkle the leeks over the top. Cover and cook on HIGH setting for 4 to 6 hours.
- Adjust seasoning with salt and pepper.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:45.64, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:37.6804351392%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 419.21kcal (20.96%), Fat: 14.79g (22.75%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 20.04g (7.29%), Sugar: 8.12g (9.02%), Cholesterol: 94.04mg (31.35%), Sodium: 714.71mg (31.07%), Alcohol: 4.24g (100%), Alcohol %: 1.18% (100%), Caffeine: 4.3mg (1.43%), Protein: 39.07g (78.13%), Vitamin A: 4086.87IU (81.74%), Selenium: 53.81µg (76.87%), Vitamin B3: 13.73mg (68.66%), Vitamin B6: 1.37mg (68.28%), Vitamin K: 64.79µg (61.7%), Zinc: 7.48mg (49.88%), Vitamin B12: 2.84µg (47.4%), Phosphorus: 463.22mg (46.32%), Iron: 8.02mg (44.53%), Manganese: 0.89mg (44.4%), Potassium: 1459.86mg (41.71%), Copper: 0.66mg (32.99%), Vitamin B2: 0.55mg (32.4%), Fiber: 6.57g (26.28%), Magnesium: 102.07mg (25.52%), Vitamin E: 3.74mg (24.93%), Vitamin B1: 0.31mg (20.57%), Calcium: 200.66mg (20.07%), Folate: 77.86µg (19.47%), Vitamin B5: 1.71mg (17.06%), Vitamin C: 12.89mg (15.62%)