



Beef Stew with Corn and Fennel

 Dairy Free

READY IN



138 min.

SERVINGS



9

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce button mushrooms quartered
- 10 ounce whole-kernel corn frozen thawed
- 1 tablespoon basil dried
- 1.5 teaspoons thyme leaves dried
- 1 cup cooking wine dry red
- 2 cups fennel bulb vertically sliced (2 medium bulbs)
- 2 tablespoons flour all-purpose
- 2 garlic cloves minced

- 14.5 ounce low-salt beef broth canned
- 2 teaspoons olive oil extra-virgin
- 1.5 cups onion sliced
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 3 tablespoons tomato paste
- 1.5 pounds top round steak boneless lean cut into 1-inch cubes
- 1 cup water
- 3 tablespoons water

Equipment

- bowl
- whisk
- dutch oven

Directions

- Combine first 9 ingredients in a medium bowl; stir with a whisk.
- Heat a Dutch oven over high heat until hot; add oil.
- Add beef; cook 4 minutes or until browned on all sides, stirring occasionally.
- Reduce heat to medium-high; add fennel, onion, and mushrooms. Cook 5 minutes, stirring occasionally.
- Add broth mixture; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beef is tender.
- Combine flour and water in a small bowl; stir with a whisk until smooth. Stir flour mixture into beef mixture.
- Add corn. Cover and simmer 8 minutes.
- Garnish with fennel sprigs, if desired.

Nutrition Facts



■ PROTEIN 48.81% ■ FAT 21.31% ■ CARBS 29.88%

Properties

Glycemic Index:31.78, Glycemic Load:2.44, Inflammation Score:-6, Nutrition Score:14.842173932687%

Flavonoids

Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 186.74kcal (9.34%), Fat: 4.05g (6.23%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 10.32g (3.75%), Sugar: 4.46g (4.96%), Cholesterol: 46.12mg (15.37%), Sodium: 382.57mg (16.63%), Alcohol: 2.8g (100%), Alcohol %: 1.22% (100%), Protein: 20.87g (41.74%), Selenium: 27.88µg (39.83%), Vitamin B3: 6.88mg (34.39%), Vitamin B6: 0.62mg (30.99%), Zinc: 3.87mg (25.8%), Vitamin K: 24.88µg (23.7%), Phosphorus: 231.79mg (23.18%), Potassium: 686.38mg (19.61%), Vitamin B12: 1.03µg (17.18%), Vitamin B2: 0.28mg (16.3%), Iron: 2.76mg (15.34%), Copper: 0.24mg (11.75%), Manganese: 0.23mg (11.62%), Vitamin B5: 1.1mg (11.03%), Folate: 42.36µg (10.59%), Fiber: 2.46g (9.82%), Magnesium: 37.93mg (9.48%), Vitamin B1: 0.14mg (9.13%), Vitamin C: 6.79mg (8.23%), Vitamin E: 0.79mg (5.25%), Calcium: 51.7mg (5.17%), Vitamin A: 131.95IU (2.64%)