



HEALTH SCORE

62%

Beef Stew with Fennel Gremolata



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 ounce beef broth canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 cups diagonally cut carrot (1-inch) ()
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 1.5 pounds eye-of-round roast trimmed cut into 1-inch cubes
- ☐ 0.5 cup fennel bulb finely chopped
- ☐ 2 cups fennel bulb thinly sliced (2 small bulbs)
- ☐ 1 teaspoon fennel seeds

- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 large onion cut into 1/4-inch-thick wedges (1 1/2 cups)
- ☐ 2 teaspoons orange rind grated
- ☐ 3 orange rind strips
- ☐ 2.5 cups diagonally cut parsnip (1-inch) ()
- ☐ 1.5 cups bell pepper red chopped
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup water

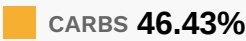
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ To prepare stew, heat a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add beef; cook 6 minutes, browning on all sides.
- ☐ Remove from pan.
- ☐ Add 2 cups fennel bulb, bell pepper, onion, and garlic to pan; reduce heat to medium, and cook for 10 minutes, stirring occasionally.
- ☐ Add beef, carrot, and next 9 ingredients (carrot through broth). Cover, reduce heat to low, and simmer 1 hour, stirring occasionally.
- ☐ Add parsnip; cover and simmer 30 minutes or until beef is tender, stirring occasionally.
- ☐ To prepare gremolata, combine 1/2 cup fennel bulb, fennel fronds, and grated orange rind in a small bowl.
- ☐ Spoon 1 1/3 cups stew into each of 6 bowls; top each with 1 1/2 tablespoons gremolata.

Nutrition Facts

 PROTEIN **41.99%**  FAT **11.58%**  CARBS **46.43%**

Properties

Glycemic Index:70.81, Glycemic Load:8.62, Inflammation Score:-10, Nutrition Score:36.20913028717%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 240.27kcal (12.01%), Fat: 3.27g (5.04%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 20.81g (7.57%), Sugar: 12.41g (13.79%), Cholesterol: 0mg (0%), Sodium: 716.27mg (31.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.7g (53.41%), Vitamin A: 8717.92IU (174.36%), Vitamin C: 84.42mg (102.32%), Vitamin B6: 1.42mg (70.89%), Vitamin K: 71.18µg (67.8%), Vitamin B3: 10.45mg (52.24%), Potassium: 1338.65mg (38.25%), Zinc: 5.64mg (37.57%), Phosphorus: 370.89mg (37.09%), Manganese: 0.73mg (36.35%), Fiber: 8.72g (34.89%), Vitamin B12: 2.04µg (34.03%), Selenium: 20.56µg (29.38%), Iron: 5.01mg (27.84%), Vitamin B2: 0.47mg (27.8%), Vitamin B1: 0.36mg (24.09%), Folate: 91.85µg (22.96%), Copper: 0.46mg (22.79%), Magnesium: 82.83mg (20.71%), Vitamin E: 3.03mg (20.23%), Vitamin B5: 1.65mg (16.46%), Calcium: 114.44mg (11.44%)