

health-score 70%
HEALTH SCORE

Beef Stew with Leeks and Beer

 Dairy Free  Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.3 ounce beef broth fat-free canned
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon brown sugar
- ☐ 2 cups carrots sliced
- ☐ 2 tablespoons cornstarch
- ☐ 1 teaspoon thyme leaves dried
- ☐ 4 cups leek thinly sliced 4 large
- ☐ 12 ounce beer light

- ☐ 8 ounces mushrooms quartered
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 1.5 pounds round steak cut into 1-inch cubes
- ☐ 0.3 teaspoon salt

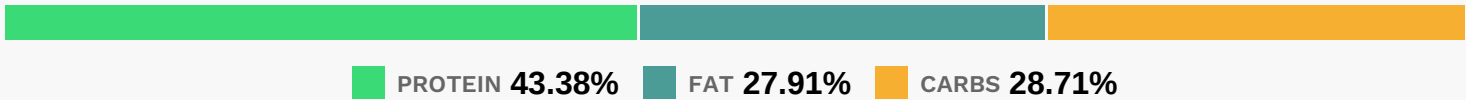
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add half of the beef; cook 5 minutes or until browned, turning occasionally.
- ☐ Remove from pan. Repeat procedure with remaining beef.
- ☐ Add leek and mushrooms to pan; saut 3 minutes. Return beef to pan; stir in carrot and next 6 ingredients (carrot through beer). Bring to a boil; cover, reduce heat, and simmer 2 hours or until beef is tender.
- ☐ Combine cornstarch and vinegar in a small bowl.
- ☐ Add cornstarch mixture to beef mixture; bring to a boil. Cook 3 minutes, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:3.99, Inflammation Score:-10, Nutrition Score:26.758695509123%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 281.92kcal (14.1%), Fat: 8.33g (12.81%), Saturated Fat: 2.31g (14.47%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 16.52g (6.01%), Sugar: 7.08g (7.87%), Cholesterol: 71.44mg (23.81%), Sodium: 458.82mg (19.95%), Alcohol: 1.76g (100%), Alcohol %: 0.57% (100%), Protein: 29.12g (58.25%), Vitamin A: 8123.77IU (162.48%), Selenium: 37.39µg (53.42%), Vitamin B3: 10.61mg (53.03%), Vitamin B6: 1.02mg (50.98%), Vitamin K: 39.28µg (37.41%), Vitamin B12: 2.22µg (36.95%), Zinc: 5.26mg (35.04%), Phosphorus: 336.8mg (33.68%), Iron: 4.38mg (24.31%), Vitamin B2: 0.4mg (23.69%), Potassium: 818.16mg (23.38%), Manganese: 0.42mg (20.96%), Folate: 72.49µg (18.12%), Copper: 0.33mg (16.7%), Vitamin B5: 1.57mg (15.65%), Magnesium: 58.64mg (14.66%), Vitamin B1: 0.21mg (13.82%), Vitamin C: 10.54mg (12.78%), Fiber: 2.75g (10.99%), Vitamin E: 1.52mg (10.14%), Calcium: 84.82mg (8.48%), Vitamin D: 0.19µg (1.26%)