



HEALTH SCORE

79%

## Beef Stew with Roasted Winter Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple juice dry red
- 3 bay leaves mccormick®
- 1.5 pounds beef sirloin steak boneless cut into 1-inch cubes
- 0.5 teaspoon pepper black mccormick®
- 0.8 cup chicken broth
- 2 tablespoons olive oil divided
- 1 medium onion cut into 1/2-inch pieces
- 3 cups potatoes prepared mashed

- 0.5 teaspoon salt
- 0.5 teaspoon thyme leaves mccormick®
- 4 cups winter vegetables such as carrots, butternut squash, parsnips, or sweet potatoes cubed cut into 1/2-inch pieces),

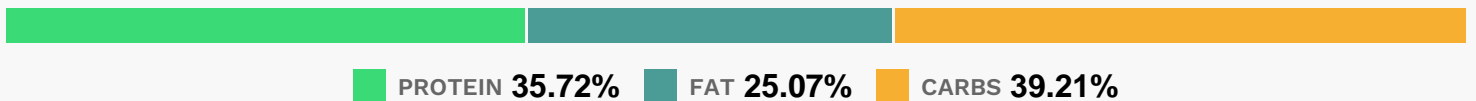
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 425 degrees F. Toss vegetables and onion with 1 tablespoon olive oil on large baking sheet. Roast 20 minutes or until vegetables are golden.
- Meanwhile, cook and stir beef in remaining 1 tablespoon olive oil in large skillet on medium-high heat 5 minutes or until beef is browned.
- Add roasted vegetables, chicken broth, bay leaves, thyme, pepper, salt and wine. Bring to boil. Reduce heat to low; simmer 10 minutes or until sauce is slightly thickened.
- Remove bay leaves from stew before serving.
- Serve stew over mashed potatoes.

## Nutrition Facts



## Properties

Glycemic Index:31.29, Glycemic Load:13.83, Inflammation Score:-10, Nutrition Score:26.790869567705%

## Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg

0.92mg, Isorhamnetin: 0.92mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

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

Calories: 326.26kcal (16.31%), Fat: 8.96g (13.79%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 26.97g (9.81%), Sugar: 3.78g (4.2%), Cholesterol: 67.49mg (22.5%), Sodium: 377.19mg (16.4%), Alcohol: 1.05g (100%), Alcohol %: 0.35% (100%), Protein: 28.74g (57.47%), Vitamin A: 9936.31IU (198.73%), Vitamin B6: 1.19mg (59.48%), Selenium: 35.93µg (51.33%), Vitamin C: 41.93mg (50.83%), Vitamin B3: 9.65mg (48.27%), Potassium: 1211.05mg (34.6%), Phosphorus: 336.91mg (33.69%), Zinc: 5.04mg (33.6%), Manganese: 0.43mg (21.38%), Magnesium: 84.71mg (21.18%), Iron: 3.45mg (19.18%), Vitamin B1: 0.28mg (18.48%), Fiber: 4.57g (18.27%), Vitamin B12: 1.07µg (17.86%), Vitamin E: 2.36mg (15.74%), Folate: 60.42µg (15.1%), Vitamin B5: 1.45mg (14.54%), Copper: 0.28mg (14.15%), Vitamin B2: 0.21mg (12.47%), Calcium: 89.74mg (8.97%), Vitamin K: 7.42µg (7.07%)