



Beef Stew with Shiitake Mushrooms

 Dairy Free

READY IN



175 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 pound stew meat
- 2 tablespoons vegetable oil
- 1 cup onion coarsely chopped
- 4 ounces mushroom caps sliced (stems removed)
- 14.5 ounces beef broth ready-to-serve canned

- 14.5 ounces tomatoes diced undrained canned
- 5 baby potatoes cut into fourths
- 1 cup baby carrots

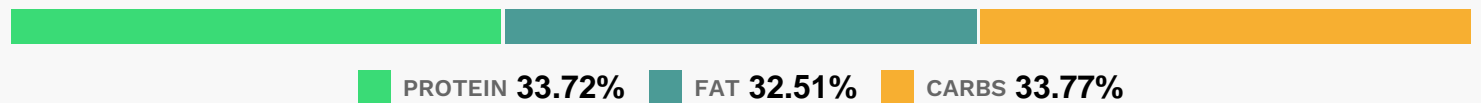
Equipment

- dutch oven

Directions

- Mix flour, salt and pepper. Coat beef with flour mixture.
- Heat oil in Dutch oven over medium-high heat. Cook beef, onion and mushrooms in oil, stirring occasionally, until brown.
- Stir in broth and tomatoes. Cover and simmer 2 hours, adding up to 1 cup water if necessary. Stir in potatoes and carrots. Cover and simmer about 30 minutes or until beef and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:62.44, Glycemic Load:14.49, Inflammation Score:-10, Nutrition Score:28.907391579255%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg

Nutrients (% of daily need)

Calories: 363.02kcal (18.15%), Fat: 13.15g (20.23%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 25.59g (9.31%), Sugar: 6.91g (7.68%), Cholesterol: 70.31mg (23.44%), Sodium: 916.93mg (39.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.37%), Vitamin A: 4535.92IU (90.72%), Vitamin B6: 1.24mg (61.99%), Vitamin B3: 11.72mg (58.6%), Selenium: 37.2µg (53.15%), Phosphorus: 377.54mg (37.75%), Zinc: 5.54mg (36.9%), Vitamin B12: 2.17µg (36.16%), Potassium: 1160.59mg (33.16%), Vitamin C: 27.14mg (32.9%), Iron: 4.92mg (27.32%), Vitamin B2: 0.4mg (23.8%), Manganese: 0.45mg (22.37%), Vitamin K: 21.57µg

(20.55%), Fiber: 5.13g (20.51%), Vitamin B1: 0.3mg (20.23%), Copper: 0.36mg (17.93%), Magnesium: 71.49mg (17.87%), Folate: 70.46µg (17.62%), Vitamin B5: 1.48mg (14.82%), Vitamin E: 1.62mg (10.77%), Calcium: 89.88mg (8.99%)