



 **67%**
HEALTH SCORE

Beef Stew with Tomatoes

 Dairy Free  Very Healthy

READY IN



190 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb stew meat
- 12 medium baby potatoes cut in half (1 1/2 lb)
- 1 medium onion cut into 8 wedges
- 8 oz baby carrots
- 2 cups water
- 1.5 teaspoons lawry's seasoned salt
- 1 bay leaves
- 0.3 cup water cold

- 2 tablespoons flour all-purpose
- 2 cups tomatoes chopped

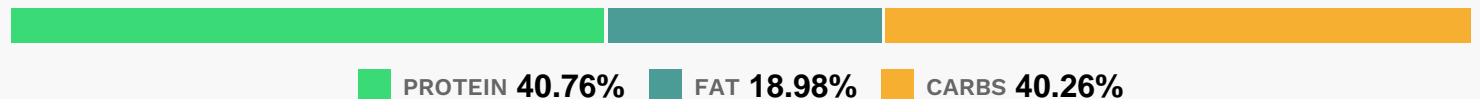
Equipment

- bowl
- oven
- pot

Directions

- Heat oven to 325°F. In 4-quart ovenproof bean pot or casserole, place all ingredients except cold water, flour and tomatoes.
- Cover and bake about 2 hours 30 minutes or until beef is tender.
- In small bowl, mix cold water and flour; gradually stir into beef mixture. Stir in tomatoes.
- Bake about 20 minutes longer or until slightly thickened.
- Remove bay leaf.

Nutrition Facts



Properties

Glycemic Index:37.29, Glycemic Load:16.59, Inflammation Score:-10, Nutrition Score:25.807391270347%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 283.65kcal (14.18%), Fat: 5.92g (9.1%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 23.71g (8.62%), Sugar: 4.76g (5.29%), Cholesterol: 70.31mg (23.44%), Sodium: 688.78mg (29.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.2%), Vitamin A: 5629.89IU (112.6%), Vitamin B6: 1.17mg (58.69%), Vitamin B3: 9.52mg (47.59%), Selenium: 33.03µg (47.18%), Vitamin C: 31.22mg (37.84%), Zinc: 5.25mg (35%), Vitamin B12: 2.1µg (34.96%), Phosphorus: 338.19mg (33.82%), Potassium: 1095.15mg (31.29%), Iron: 3.85mg

(21.37%), Fiber: 4.54g (18.16%), Manganese: 0.34mg (17.22%), Vitamin B1: 0.25mg (16.86%), Magnesium: 65.52mg (16.38%), Copper: 0.32mg (16.23%), Vitamin B2: 0.26mg (15.16%), Folate: 58.41µg (14.6%), Vitamin B5: 1.06mg (10.55%), Vitamin K: 11.05µg (10.52%), Calcium: 59.8mg (5.98%), Vitamin E: 0.62mg (4.17%)