



Beef Stew with Walnuts and Orange Zest

 Dairy Free

READY IN



255 min.

SERVINGS



4

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups beef broth
- 2 pounds beef chuck boneless cut into 1 1/2-inch cubes
- 2 stalks celery chopped
- 3 tablespoons flour all-purpose
- 1 onion chopped
- 1 tablespoon orange zest grated
- 4 servings salt and pepper
- 3 tablespoons vegetable oil

3 oz walnut pieces toasted

Equipment

frying pan

sauce pan

slow cooker

Directions

Season beef lightly with salt and pepper; warm 2 Tbsp. oil in a large, heavy skillet over medium-high heat.

Add beef; brown on all sides, about 5 minutes. (Divide oil and cook in batches to avoid crowding, if needed.)

Transfer beef to a slow cooker; pour off all but 1 Tbsp. fat from skillet.

Add onion to skillet. Cook over medium-high heat until slightly softened, about 3 minutes. Stir in flour and cook for 2 minutes. (

Mixture will be dry.)

Add broth; bring to a boil on high heat, scraping up cooked bits.

Pour mixture over beef in slow cooker, cover and cook on high for 4 hours or on low for 6 hours.

Before serving, warm 1 Tbsp. oil in a saucepan over medium-high heat.

Add celery, walnuts and zest. Cook, stirring often, until blended, 3 to 5 minutes. Stir into stew.

Nutrition Facts

PROTEIN 28.55% **FAT 65.25%** **CARBS 6.2%**

Properties

Glycemic Index:38.5, Glycemic Load:4.06, Inflammation Score:-6, Nutrition Score:31.956086967302%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg,

Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 685.79kcal (34.29%), Fat: 50.61g (77.87%), Saturated Fat: 14.52g (90.76%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 8.29g (3.02%), Sugar: 2g (2.23%), Cholesterol: 156.49mg (52.16%), Sodium: 1064.78mg (46.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.83g (99.65%), Zinc: 17.83mg (118.86%), Vitamin B12: 6.32µg (105.29%), Selenium: 51.16µg (73.09%), Vitamin B3: 11.89mg (59.45%), Phosphorus: 544.78mg (54.48%), Vitamin B6: 1.05mg (52.69%), Manganese: 0.86mg (43.08%), Iron: 6.02mg (33.43%), Potassium: 1045.32mg (29.87%), Vitamin K: 28.72µg (27.35%), Vitamin B2: 0.45mg (26.27%), Copper: 0.5mg (25.19%), Magnesium: 86.81mg (21.7%), Vitamin B1: 0.29mg (19.24%), Vitamin B5: 1.66mg (16.65%), Folate: 54.41µg (13.6%), Fiber: 2.52g (10.09%), Vitamin E: 1.48mg (9.87%), Calcium: 87.9mg (8.79%), Vitamin C: 4.97mg (6.03%), Vitamin A: 130.39IU (2.61%), Vitamin D: 0.23µg (1.51%)