



Beer and Maple Lentil Stew

 **Gluten Free**  **Dairy Free**

READY IN



85 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon diced
- 3 cups beef stock
- 12 ounce beer
- 0.3 teaspoon caraway seed
- 1 cup carrots diced
- 1 cup celery diced
- 0.3 teaspoon celery salt
- 1 cup brown lentils dried rinsed drained

- 1 clove garlic minced
- 0.3 teaspoon ground nutmeg
- 4 servings salt and ground pepper black to taste
- 1 tablespoon maple syrup
- 1 cup onion diced

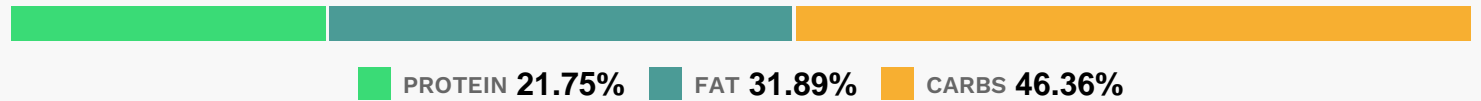
Equipment

- pot

Directions

- Place a large pot over medium-high heat; cook the bacon in the pot until crisp, 5 to 7 minutes. Stir in the onion and garlic; continue to cook until onions are translucent, about 5 minutes. Stir in the celery and carrot; cook another 2 minutes.
- Pour the beef stock and beer into the pot; bring to a boil. Stir in the lentils, syrup, nutmeg, caraway seed, and celery salt; cover and cook for 45 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:84.86, Glycemic Load:8, Inflammation Score:-10, Nutrition Score:27.535652165828%

Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 415.62kcal (20.78%), Fat: 14g (21.54%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 45.8g (15.27%), Net Carbohydrates: 29.06g (10.57%), Sugar: 8.54g (9.49%), Cholesterol: 21.78mg (7.26%), Sodium: 771mg (33.52%),

Alcohol: 3.32g (100%), Alcohol %: 0.93% (100%), Protein: 21.49g (42.98%), Vitamin A: 5492.22IU (109.84%), Fiber: 16.73g (66.94%), Folate: 261.54µg (65.38%), Manganese: 0.92mg (45.91%), Vitamin B1: 0.62mg (41.63%), Phosphorus: 362.85mg (36.28%), Potassium: 1123.9mg (32.11%), Vitamin B6: 0.61mg (30.31%), Iron: 4.54mg (25.23%), Vitamin B3: 5.04mg (25.21%), Vitamin B2: 0.42mg (24.82%), Magnesium: 92.8mg (23.2%), Zinc: 3.23mg (21.54%), Copper: 0.4mg (20.11%), Selenium: 13.75µg (19.64%), Vitamin B5: 1.45mg (14.5%), Vitamin K: 14.54µg (13.85%), Vitamin C: 8.01mg (9.71%), Calcium: 84.62mg (8.46%), Vitamin E: 0.69mg (4.58%), Vitamin B12: 0.18µg (3.03%)