

Beer Beef Stew

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart beef broth
- ☐ 1 pound beef stew meat cubed
- ☐ 1 pint beer
- ☐ 1 cup cabbage chopped
- ☐ 15 ounce tomato sauce canned
- ☐ 0.3 cup flour all-purpose
- ☐ 10 ounce vegetables mixed frozen
- ☐ 2.5 teaspoons pepper

- ☐ 1 cup potatoes cubed peeled
- ☐ 1.5 teaspoons salt
- ☐ 6 ounce tomato paste canned
- ☐ 3 tablespoons vegetable oil

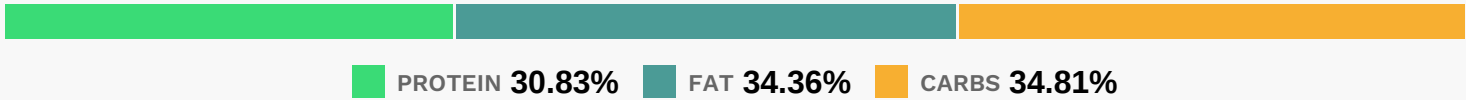
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a bowl, mix the flour, salt, and pepper. Toss the beef in the mixture to coat.
- ☐ Heat the oil in a large pot over medium heat, and brown the beef on all sides.
- ☐ Pour in the broth, beer, tomato sauce, and tomato paste. Stir in the potatoes, mixed vegetables, and cabbage. Bring to a boil, reduce heat to low, and simmer 1 hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:50.41, Glycemic Load:9.42, Inflammation Score:-9, Nutrition Score:16.941739040872%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 238.6kcal (11.93%), Fat: 8.67g (13.33%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 16.08g (5.85%), Sugar: 3.33g (3.7%), Cholesterol: 35.15mg (11.72%), Sodium: 1210.23mg (52.62%), Alcohol: 2.31g (100%), Alcohol %: 0.75% (100%), Protein: 17.5g (34.99%), Vitamin A: 2087.88IU (41.76%), Vitamin B3:

6.82mg (34.11%), Vitamin B6: 0.62mg (30.96%), Selenium: 18.94µg (27.05%), Vitamin C: 17.74mg (21.5%), Phosphorus: 210.07mg (21.01%), Potassium: 706.45mg (20.18%), Vitamin K: 20.86µg (19.86%), Vitamin B12: 1.14µg (19.06%), Zinc: 2.83mg (18.84%), Manganese: 0.37mg (18.42%), Iron: 3mg (16.65%), Fiber: 3.68g (14.71%), Vitamin B2: 0.24mg (14.02%), Vitamin B1: 0.19mg (12.51%), Magnesium: 49.28mg (12.32%), Copper: 0.24mg (11.79%), Folate: 46.33µg (11.58%), Vitamin E: 1.64mg (10.95%), Vitamin B5: 0.7mg (6.98%), Calcium: 54.04mg (5.4%)