



Beer Beef Stew II

 Dairy Free

READY IN



510 min.

SERVINGS



12

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pounds beef stew meat cut into 1 1/2 inch pieces
- ☐ 1 cup beer
- ☐ 0.3 cup brown sugar
- ☐ 1 cup carrots chopped
- ☐ 0.8 cup celery chopped
- ☐ 1 cup chili sauce
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon thyme leaves dried

- ☐ 1 cup flour all-purpose
- ☐ 3 cloves garlic chopped
- ☐ 0.8 cup onion chopped
- ☐ 2 large potatoes chopped
- ☐ 2 tablespoons vegetable oil

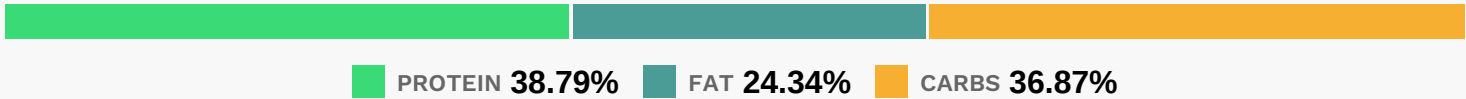
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ slow cooker

Directions

- ☐ Heat the oil in a skillet over medium heat.
- ☐ Place the beef stew meat and flour in a large resealable plastic bag, and shake to coat.
- ☐ Transfer coated meat to the skillet, and cook about 1 minute, until browned.
- ☐ Mix the potatoes, carrots, celery, onion, and garlic in a slow cooker.
- ☐ Place browned beef over the vegetables, and season with basil and thyme.
- ☐ In a bowl, mix the chili sauce, beer, and brown sugar, and pour over meat in the slow cooker.
- ☐ Cover slow cooker, and cook 8 hours on Low or 2 hours on High.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:14.54, Inflammation Score:-9, Nutrition Score:23.975652321525%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg,

Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 349.4kcal (17.47%), Fat: 9.14g (14.07%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 28.14g (10.23%), Sugar: 9.01g (10.01%), Cholesterol: 82.02mg (27.34%), Sodium: 398.28mg (17.32%), Alcohol: 0.77g (100%), Alcohol %: 0.34% (100%), Protein: 32.79g (65.57%), Selenium: 41µg (58.58%), Vitamin B6: 1.14mg (57.21%), Vitamin B3: 10.85mg (54.24%), Vitamin B12: 2.45µg (40.86%), Vitamin A: 1981.66IU (39.63%), Zinc: 5.9mg (39.32%), Phosphorus: 356.39mg (35.64%), Iron: 4.7mg (26.09%), Potassium: 896.41mg (25.61%), Vitamin K: 22.88µg (21.79%), Vitamin C: 17.72mg (21.48%), Vitamin B1: 0.29mg (19.46%), Vitamin B2: 0.32mg (18.96%), Manganese: 0.29mg (14.71%), Magnesium: 58.78mg (14.69%), Folate: 57.54µg (14.39%), Copper: 0.27mg (13.34%), Fiber: 3.01g (12.06%), Vitamin B5: 0.88mg (8.83%), Vitamin E: 1.18mg (7.88%), Calcium: 66.69mg (6.67%)