



Belgian Beef Stew

READY IN



140 min.

SERVINGS



8

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon diced
- 2 pounds beef chuck lean trimmed cut into 1 inch cubes
- 1 tablespoon butter
- 16 ounces beer dark
- 2 tablespoons flour all-purpose
- 0.5 bunch parsley fresh chopped
- 3 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 1 juice of lemon juiced

- 1 tablespoon lemon zest grated
- 20 small onions boiling peeled
- 2 teaspoons salt

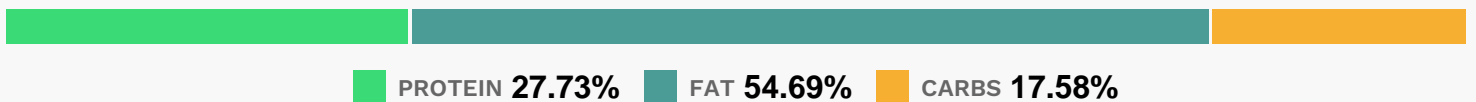
Equipment

- pot
- dutch oven

Directions

- Blanch the bacon for 1 minute in boiling water.
- Drain.
- Place bacon and butter or margarine in a large covered pot or Dutch oven. Cook over medium heat until bacon is browned.
- Add onions; cook until golden.
- Add garlic, and cook for 1 or 2 minutes; take care not to burn the garlic.
- Remove bacon mixture from pot, and set aside.
- Add beef to the fat left in the pot, and brown on all sides. When meat is browned, return bacon mixture to the pot. Stir in flour, salt, and pepper.
- Add enough beer to just barely cover the meat. Bring to a boil, reduce heat to simmer, and cover. Cook for 1 1/2 to 2 hours.
- Remove pot from heat, and stir in parsley, lemon zest, and lemon juice.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:35.81, Glycemic Load:5.62, Inflammation Score:-8, Nutrition Score:22.983478172966%

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 Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 7.69mg, Apigenin: 7.69mg, Apigenin: 7.69mg, Apigenin: 7.69mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 8.77mg, Isorhamnetin: 8.77mg, Isorhamnetin: 8.77mg, Isorhamnetin: 8.77mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 35.58mg, Quercetin: 35.58mg, Quercetin: 35.58mg, Quercetin: 35.58mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 509.99kcal (25.5%), Fat: 29.84g (45.9%), Saturated Fat: 11.08g (69.22%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 18.28g (6.65%), Sugar: 7.59g (8.44%), Cholesterol: 111.49mg (37.16%), Sodium: 1054.41mg (45.84%), Alcohol: 2.21g (100%), Alcohol %: 0.67% (100%), Protein: 34.04g (68.09%), Vitamin K: 59.82µg (56.97%), Selenium: 33.18µg (47.39%), Vitamin B12: 2.84µg (47.3%), Vitamin B3: 9.18mg (45.89%), Zinc: 6.82mg (45.45%), Vitamin B6: 0.85mg (42.64%), Phosphorus: 371.68mg (37.17%), Vitamin C: 20.46mg (24.8%), Potassium: 808.95mg (23.11%), Vitamin B1: 0.31mg (20.53%), Iron: 3.66mg (20.35%), Vitamin B2: 0.31mg (17.99%), Manganese: 0.3mg (15.15%), Magnesium: 55.73mg (13.93%), Vitamin B5: 1.32mg (13.21%), Fiber: 3.29g (13.16%), Folate: 52.12µg (13.03%), Copper: 0.2mg (9.85%), Vitamin A: 369.7IU (7.39%), Calcium: 65.36mg (6.54%), Vitamin E: 0.67mg (4.5%), Vitamin D: 0.34µg (2.27%)