



Burgandy Beef Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 baking potatoes chopped
- ☐ 3 bay leaves
- ☐ 1 cup beef broth
- ☐ 1 cup beef broth
- ☐ 14.5 oz canned tomatoes chopped canned
- ☐ 4 carrots chopped
- ☐ 1.5 pounds chuck boneless cubed
- ☐ 3 tablespoons flour all-purpose

- ☐ 1 teaspoon basil fresh chopped
- ☐ 2 tablespoons oil
- ☐ 2 onions peeled chopped
- ☐ 1 turnip chopped

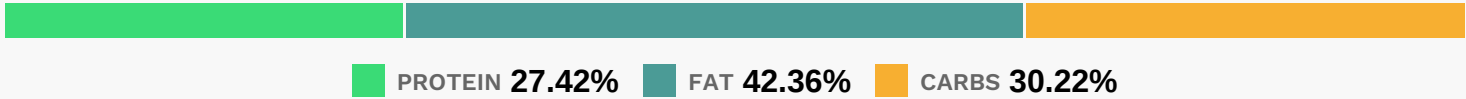
Equipment

- ☐ pot

Directions

- ☐ Brown beef in oil in a large stew pot.
- ☐ Add all vegetables, except tomatoes, and saute over medium-low heat for 5 minutes.
- ☐ Sprinkle flour over meat and vegetables and stir to coat.
- ☐ Add broth, wine or broth, seasonings and tomatoes. Bring to a boil; reduce heat to low and simmer, covered, for 1 1/2 hours, or until meat is very tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:103.65, Glycemic Load:24.45, Inflammation Score:-10, Nutrition Score:38.255217132361%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

Nutrients (% of daily need)

Calories: 569.74kcal (28.49%), Fat: 27.46g (42.24%), Saturated Fat: 9.35g (58.43%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 37.37g (13.59%), Sugar: 11.58g (12.87%), Cholesterol: 117.37mg (39.12%), Sodium: 790.01mg (34.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.99g (79.98%), Vitamin A: 10441.84IU (208.84%), Zinc: 13.74mg (91.61%), Vitamin B12: 4.73µg (78.79%), Vitamin B6: 1.37mg (68.32%), Vitamin B3: 11.77mg (58.84%), Selenium: 39.38µg (56.26%), Potassium: 1714.98mg (49%), Phosphorus: 480.25mg (48.03%), Iron:

6.68mg (37.1%), Vitamin C: 29.64mg (35.93%), Manganese: 0.63mg (31.41%), Fiber: 6.7g (26.8%), Vitamin B1: 0.4mg (26.73%), Vitamin B2: 0.45mg (26.35%), Magnesium: 97.29mg (24.32%), Copper: 0.48mg (24.24%), Vitamin K: 23.33µg (22.22%), Vitamin E: 3.27mg (21.8%), Vitamin B5: 1.99mg (19.95%), Folate: 72.83µg (18.21%), Calcium: 128.35mg (12.83%), Vitamin D: 0.17µg (1.13%)