



## Butter Beef

 Low Fod Map

READY IN



305 min.

SERVINGS



8

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pounds stew meat cubed
- 0.5 cup butter
- 1 ounce onion soup mix dry

### Equipment

- slow cooker

### Directions

- Place the beef and butter into a slow cooker.
- Sprinkle the onion soup mix over. Cover, and cook on Low for 8 hours, or High for 4 to 5 hours. Stir once or twice.

## Nutrition Facts

**PROTEIN 44.71%** **FAT 52.58%** **CARBS 2.71%**

### Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:19.211738870196%

### Nutrients (% of daily need)

Calories: 350.24kcal (17.51%), Fat: 19.95g (30.7%), Saturated Fat: 10.19g (63.66%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.17g (0.19%), Cholesterol: 135.96mg (45.32%), Sodium: 471.07mg (20.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.18g (76.36%), Selenium: 47.44µg (67.77%), Vitamin B3: 11.55mg (57.76%), Vitamin B6: 1.13mg (56.59%), Vitamin B12: 3.17µg (52.85%), Zinc: 7.13mg (47.52%), Phosphorus: 376.59mg (37.66%), Iron: 3.55mg (19.73%), Potassium: 608.99mg (17.4%), Vitamin B2: 0.29mg (16.86%), Vitamin B1: 0.17mg (11.25%), Magnesium: 43.23mg (10.81%), Copper: 0.18mg (8.96%), Vitamin B5: 0.79mg (7.87%), Vitamin A: 355.08IU (7.1%), Vitamin E: 0.84mg (5.63%), Folate: 22.54µg (5.63%), Calcium: 40.79mg (4.08%), Vitamin K: 3.08µg (2.94%), Manganese: 0.05mg (2.37%)