



## Chinese Hot Pot of Beef and Vegetables

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon aniseed crushed
- 1.5 cups baby carrots
- 1.5 pounds beef stew meat cut into 1-inch pieces
- 1 tablespoon brown sugar
- 2 teaspoons chile paste with garlic
- 2 sticks cinnamon (3-inch)
- 2 teaspoons cornstarch
- 3 tablespoons cooking sherry dry

- 2 tablespoons ginger fresh minced peeled
- 4 garlic cloves minced
- 0.5 cup green onions chopped
- 0.3 cup soya sauce low-sodium
- 14.3 ounce low-salt beef broth canned
- 0.5 pound pkt spinach fresh
- 2 cups turnips cubed peeled (1-inch) ()
- 4 teaspoons vegetable oil divided
- 1 tablespoon water
- 2.8 cups water

## Equipment

- frying pan
- dutch oven

## Directions

- Heat 2 teaspoons vegetable oil in a Dutch oven over medium-high heat; add half of beef, browning on all sides.
- Remove from pan. Repeat the procedure with remaining oil and beef.
- Add onions, ginger, aniseed, and garlic to pan; saut 30 seconds. Stir in broth, scraping pan to loosen browned bits. Return beef to pan.
- Add 2 3/4 cups water and next 5 ingredients (2 3/4 cups water through cinnamon sticks), and bring to a boil. Cover, reduce heat, and simmer 1 hour.
- Add the turnips and carrots; simmer for 45 minutes or until tender.
- Combine 1 tablespoon water and cornstarch; add to beef mixture. Bring to a boil; cook for 1 minute, stirring frequently.
- Add spinach; cover and cook for 3 minutes or until wilted. Discard the cinnamon sticks.

## Nutrition Facts



■ PROTEIN 46.63% ■ FAT 32.1% ■ CARBS 21.27%

## Properties

Glycemic Index:34.5, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:30.226521740789%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

## Nutrients (% of daily need)

Calories: 257.11kcal (12.86%), Fat: 9g (13.85%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 9.83g (3.57%), Sugar: 5.82g (6.47%), Cholesterol: 70.31mg (23.44%), Sodium: 662.32mg (28.8%), Alcohol: 0.77g (100%), Alcohol %: 0.22% (100%), Protein: 29.44g (58.87%), Vitamin K: 210.2µg (200.19%), Vitamin A: 8048.31IU (160.97%), Vitamin B6: 0.95mg (47.43%), Selenium: 32.91µg (47.01%), Vitamin B3: 8.55mg (42.73%), Manganese: 0.78mg (39.02%), Zinc: 5.3mg (35.33%), Vitamin B12: 2.1µg (34.96%), Phosphorus: 312.16mg (31.22%), Folate: 113.9µg (28.48%), Potassium: 992.98mg (28.37%), Vitamin C: 23.24mg (28.17%), Iron: 4.36mg (24.23%), Magnesium: 79.07mg (19.77%), Vitamin B2: 0.32mg (18.61%), Fiber: 3.6g (14.41%), Copper: 0.28mg (14.05%), Vitamin B1: 0.18mg (11.9%), Calcium: 115.24mg (11.52%), Vitamin E: 1.49mg (9.96%), Vitamin B5: 0.8mg (8.04%)