

Cowboy Stew I



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce baked beans with pork canned
- ☐ 14.8 ounce regular corn cream-style canned
- ☐ 15 ounce tomato sauce canned
- ☐ 15 ounce chili with beans canned
- ☐ 4 ounce chiles diced green canned
- ☐ 1.5 pounds ground beef
- ☐ 1 onion chopped

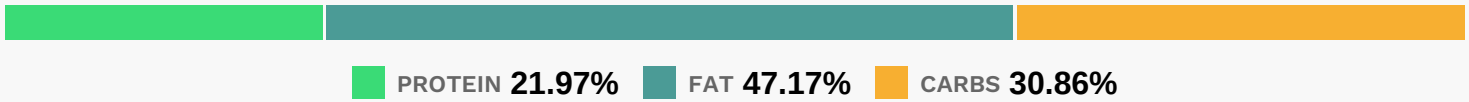
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Crumble the ground beef into a large skillet or Dutch oven over medium-high heat.
- ☐ Add onion; cook and stir until beef is no longer pink.
- ☐ Drain off grease. Reduce heat to medium-low and stir in the corn, chili with beans, baked beans, tomato sauce and green chilies. Cover and simmer for 30 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:8.96, Inflammation Score:-8, Nutrition Score:36.401739301889%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 781.54kcal (39.08%), Fat: 42.37g (65.18%), Saturated Fat: 16.32g (102%), Carbohydrates: 62.35g (20.78%), Net Carbohydrates: 48.03g (17.47%), Sugar: 9.59g (10.66%), Cholesterol: 146.28mg (48.76%), Sodium: 1999.44mg (86.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.39g (88.79%), Zinc: 11.65mg (77.66%), Phosphorus: 640.4mg (64.04%), Vitamin B12: 3.64µg (60.67%), Iron: 10.61mg (58.92%), Fiber: 14.32g (57.29%), Vitamin B3: 10.31mg (51.56%), Vitamin B6: 0.99mg (49.74%), Potassium: 1703.81mg (48.68%), Selenium: 33.17µg (47.39%), Manganese: 0.76mg (38.18%), Magnesium: 150.5mg (37.63%), Folate: 149.68µg (37.42%), Vitamin C: 27.39mg (33.2%), Copper: 0.64mg (32.2%), Vitamin B2: 0.54mg (32.01%), Vitamin B5: 3.04mg (30.44%), Vitamin E: 2.86mg (19.07%), Vitamin A: 932.22IU (18.64%), Calcium: 171.48mg (17.15%), Vitamin B1: 0.25mg (16.44%), Vitamin K: 8.17µg (7.78%), Vitamin D: 0.17µg (1.13%)