



Dad's New Zealand Mince Stew

 Dairy Free

READY IN



225 min.

SERVINGS



8

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef stock
- 3 tablespoons pepper black
- 1 tablespoon curry powder
- 1 tablespoon flour all-purpose
- 2 cloves garlic chopped
- 1 teaspoon garlic powder
- 2 pounds ground beef
- 2 cups catsup

- 1 tablespoon onion powder
- 3 large onions sliced
- 2 tablespoons teriyaki sauce
- 1 tablespoon vegetable oil
- 0.5 cup water

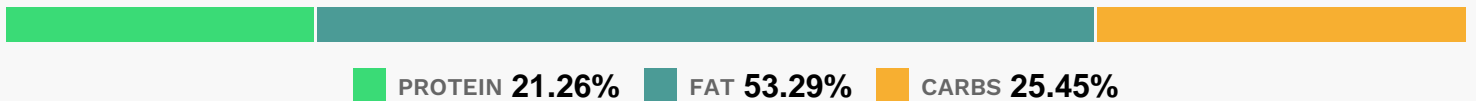
Equipment

- pot

Directions

- Heat oil in a large pot over medium heat.
- Saute onions until browned; remove from pot, and set aside.
- Add ground beef to pot, and cook until evenly brown.
- Add garlic, and cook for 2 minutes. Stir in browned onions, and cook on high heat for 3 to 5 minutes. Stir in 1 cup of water. Reduce heat, cover, and simmer for 20 minutes.
- Stir in ketchup, beef stock, and teriyaki sauce. Season with pepper, curry powder, garlic powder, and onion powder. Cover, and simmer for about 2 hours.
- Mix together 1 tablespoon flour and 1/2 cup water. Stir into stew, and cook until thickened.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:2.05, Inflammation Score:-5, Nutrition Score:15.850434769755%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg

Nutrients (% of daily need)

Calories: 410.9kcal (20.55%), Fat: 24.73g (38.04%), Saturated Fat: 9.06g (56.6%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 24.39g (8.87%), Sugar: 16.07g (17.86%), Cholesterol: 80.51mg (26.84%), Sodium: 856.77mg (37.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.2g (44.39%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.11mg (34.09%), Vitamin B3: 6.15mg (30.77%), Vitamin B6: 0.59mg (29.35%), Selenium: 19µg (27.14%), Manganese: 0.5mg (24.82%), Phosphorus: 240.01mg (24%), Potassium: 681.1mg (19.46%), Vitamin B2: 0.33mg (19.17%), Iron: 3.24mg (17.99%), Magnesium: 45.12mg (11.28%), Vitamin E: 1.69mg (11.26%), Vitamin K: 11.71µg (11.15%), Copper: 0.21mg (10.54%), Vitamin C: 7.15mg (8.67%), Fiber: 2.17g (8.67%), Vitamin B1: 0.11mg (7.42%), Folate: 29µg (7.25%), Vitamin B5: 0.72mg (7.25%), Vitamin A: 328.7IU (6.57%), Calcium: 65.02mg (6.5%)