



David's Easy Beef Goulash

 Dairy Free  Very Healthy  Low Fod Map

READY IN



135 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds beef stew meat cut into cubes
- 1 ounce onion soup mix dry
- 6 ounce tomato paste canned
- 2 cups water

Equipment

- frying pan

Directions

- Heat a skillet over medium-high heat. Sear stew meat in hot skillet to brown on all sides, about 5 minutes.
- Pour water into skillet. Stir tomato paste and onion soup mix into the water. Bring the mixture to a boil, reduce heat to low, place a cover on the skillet, and simmer until the beef is tender enough to easily cut with a fork, about 2 hours.

Nutrition Facts

PROTEIN 62.55% **FAT 31.17%** **CARBS 6.28%**

Properties

Glycemic Index:6.33, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:26.326956634936%

Nutrients (% of daily need)

Calories: 340.43kcal (17.02%), Fat: 11.34g (17.45%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.29g (1.56%), Sugar: 1.47g (1.63%), Cholesterol: 140.61mg (46.87%), Sodium: 547.83mg (23.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.21g (102.42%), Selenium: 63.23µg (90.33%), Vitamin B3: 15.74mg (78.7%), Vitamin B6: 1.55mg (77.55%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.57mg (63.81%), Phosphorus: 506.65mg (50.67%), Iron: 5.1mg (28.33%), Potassium: 890.51mg (25.44%), Vitamin B2: 0.39mg (22.97%), Vitamin B1: 0.25mg (16.36%), Magnesium: 63.72mg (15.93%), Copper: 0.3mg (15.17%), Vitamin B5: 1.11mg (11.08%), Folate: 33.17µg (8.29%), Vitamin E: 1.04mg (6.94%), Calcium: 61.85mg (6.19%), Manganese: 0.12mg (5.75%), Vitamin K: 4.29µg (4.09%), Fiber: 0.85g (3.4%), Vitamin C: 2.77mg (3.36%), Vitamin A: 61.66IU (1.23%)