



 **62%**
HEALTH SCORE

Easy Beef Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



555 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces baby carrots (30)
- 1.5 pounds stew meat
- 18 ounces brown gravy mix
- 14.5 ounces tomatoes diced undrained canned
- 8 ounces mushrooms whole
- 1 medium onion cut into eighths
- 0.3 teaspoon pepper
- 0.5 teaspoon lawry's seasoned salt

3 medium yukon gold potatoes cut into 2-inch pieces

Equipment

frying pan

slow cooker

Directions

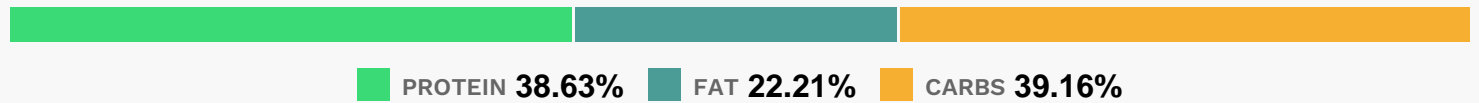
Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat.

Sprinkle beef with seasoned salt and pepper. Cook beef in skillet about 5 minutes, stirring frequently, until brown; drain.

Mix gravy and tomatoes in 3 1/2- to 6-quart slow cooker. Stir in beef and remaining ingredients.

Cover and cook on low heat setting 8 to 9 hours or until vegetables and beef are tender.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:11.53, Inflammation Score:-10, Nutrition Score:26.853913099869%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 300.66kcal (15.03%), Fat: 7.43g (14.42%), Saturated Fat: 2g (12.48%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 25.11g (9.13%), Sugar: 8.5g (9.45%), Cholesterol: 70.31mg (23.44%), Sodium: 867.91mg (37.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.07g (58.14%), Vitamin A: 5295.21IU (105.9%), Vitamin B6: 1.17mg (58.43%), Vitamin B3: 10.64mg (53.21%), Selenium: 35.69µg (50.98%), Zinc: 5.35mg (35.69%), Phosphorus: 353.81mg (35.38%), Vitamin B12: 2.11µg (35.22%), Vitamin C: 26.25mg (31.82%), Potassium: 1111.04mg (31.74%), Vitamin B2: 0.42mg (24.53%), Iron: 4.24mg (23.54%), Copper: 0.42mg (20.83%), Fiber: 4.36g (17.45%), Vitamin B1: 0.25mg (16.98%), Magnesium: 63.46mg (15.87%), Vitamin B5: 1.57mg (15.68%), Manganese: 0.31mg (15.41%), Folate:

53.95µg (13.49%), Vitamin K: 8.73µg (8.31%), Calcium: 70.92mg (7.09%), Vitamin E: 0.82mg (5.49%)