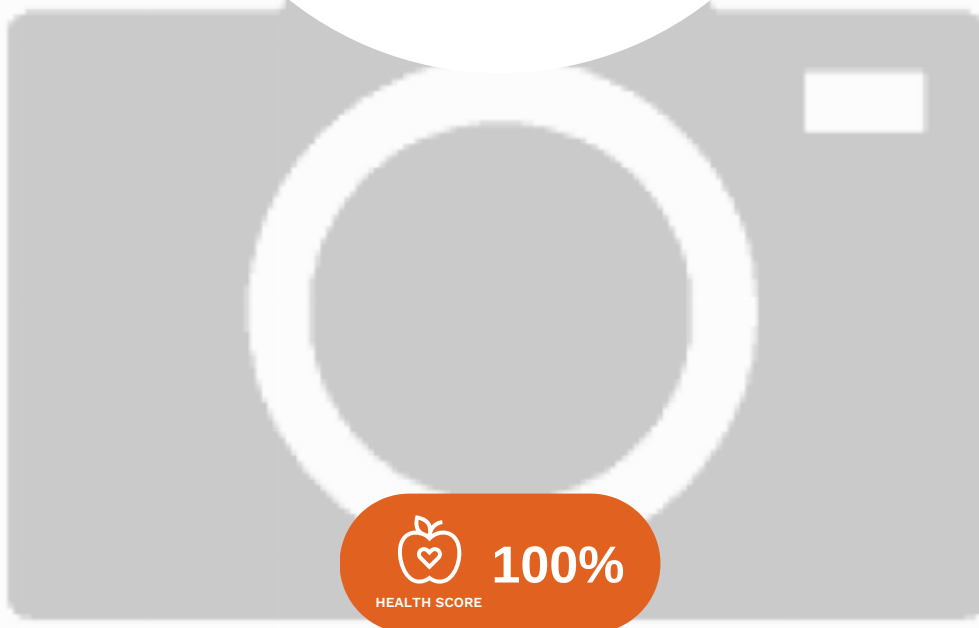




Easy Beef Stew for the Slow Cooker



Gluten Free



Dairy Free



Very Healthy

READY IN



375 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce baby carrots to taste
- ☐ 1 pound beef stew meat cubed
- ☐ 0.8 ounce brown gravy mix dry
- ☐ 14.5 ounce canned tomatoes chopped canned
- ☐ 1 stalk celery cut into chunks, or to taste
- ☐ 0.3 onion chopped
- ☐ 3 potatoes cut into chunks
- ☐ 1.5 ounce beef stew seasoning mix dry

- ☐ 2 cups water
- ☐ 1 tablespoon worcestershire sauce

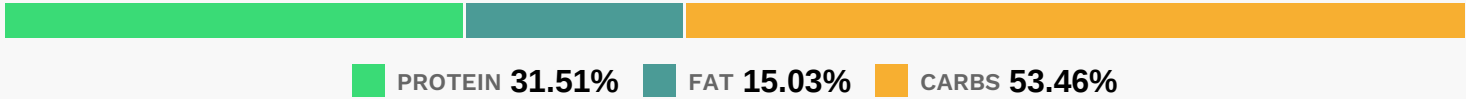
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Put beef in a slow cooker.
- ☐ Whisk water, gravy mix, and stew seasoning mix together in a bowl until no dry mix remains; add Worcestershire sauce and pour over the beef.
- ☐ Add tomatoes, carrots, potatoes, celery, and onion.
- ☐ Cook on High for 6 hours.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:15.24, Inflammation Score:-10, Nutrition Score:29.914347814477%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 261.44kcal (13.07%), Fat: 4.51g (6.95%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 36.12g (12.04%), Net Carbohydrates: 27.09g (9.85%), Sugar: 8.42g (9.36%), Cholesterol: 46.87mg (15.62%), Sodium: 266mg (11.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.58%), Vitamin A: 10727.31IU (214.55%), Vitamin K: 59.73µg (56.89%), Vitamin B6: 1.07mg (53.72%), Vitamin B3: 7.86mg (39.32%), Manganese: 0.78mg (38.97%), Iron: 6.73mg (37.4%), Vitamin C: 30.33mg (36.76%), Fiber: 9.03g (36.14%), Potassium: 1222.06mg (34.92%), Selenium: 22.73µg (32.48%), Phosphorus: 281.45mg (28.15%), Zinc: 3.99mg (26.58%), Vitamin B12: 1.4µg (23.31%), Copper:

0.46mg (22.87%), Magnesium: 85.39mg (21.35%), Calcium: 196.93mg (19.69%), Folate: 76.48µg (19.12%), Vitamin B1: 0.25mg (16.51%), Vitamin E: 2.41mg (16.06%), Vitamin B2: 0.26mg (15.53%), Vitamin B5: 1.23mg (12.26%)