



Easy Slow-Cooker Beef Stew

 Dairy Free  Popular

READY IN



515 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices oscar mayer bacon cut into 1-inch pieces
- 0.3 cup original barbecue sauce kraft
- 1 cup beef broth fat-free reduced-sodium
- 1 lb beef stew meat cut into 1-1/4-inch cubes
- 4 large carrots 1-inch-thick cut into slices
- 3 Tbsp flour
- 1 large onion cut into bite-size pieces
- 1 tsp oregano leaves dried

- 1 lb potatoes red cut into bite-size pieces (6)
- 0.3 cup vinaigrette dressing made italian with extra virgin olive oil kraft
- 0.3 cup water

Equipment

- bowl
- whisk
- slotted spoon
- slow cooker

Directions

- Mix first 4 ingredients in slow cooker.
- Add all remaining ingredients except flour and water; toss to coat. Cover with lid. Cook on LOW 8 to 9 hours (or on HIGH 4 to 5 hours).
- Use slotted spoon to transfer meat and vegetables to serving bowl; cover to keep warm.
- Mix flour and water until blended; whisk into juices in slow cooker. Cook, covered, on HIGH 15 min. or until sauce is slightly thickened; spoon over meat and vegetables.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:4.11, Inflammation Score:-10, Nutrition Score:20.399565290498%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 336.02kcal (16.8%), Fat: 16.03g (24.66%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 23.59g (8.58%), Sugar: 8.29g (9.21%), Cholesterol: 51.71mg (17.24%), Sodium: 335.51mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.05g (42.11%), Vitamin A: 8059.18IU (161.18%), Vitamin B6: 0.75mg (37.58%), Vitamin B3: 7.08mg (35.4%), Selenium: 24.41µg (34.87%), Potassium: 921.92mg (26.34%), Phosphorus: 250.14mg (25.01%), Zinc: 3.69mg (24.63%), Vitamin B12: 1.44µg (23.92%), Vitamin K: 17.04µg (16.23%), Iron: 2.75mg (15.26%), Vitamin B1: 0.23mg (15.18%), Manganese: 0.27mg (13.72%), Vitamin C: 11.26mg (13.65%), Vitamin E: 2.04mg (13.57%), Fiber: 3.39g (13.56%), Vitamin B2: 0.21mg (12.45%), Magnesium: 47.2mg (11.8%), Copper: 0.23mg (11.36%), Folate: 45.12µg (11.28%), Vitamin B5: 0.78mg (7.82%), Calcium: 53.55mg (5.36%)