



 **73%**  
HEALTH SCORE

## Easy Slow-Cooker Stew

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

READY IN



**370 min.**

SERVINGS



**8**

CALORIES



**314 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 lb stew meat
- 3 large onion cut into eighths
- 14.5 oz tomatoes diced undrained canned
- 2 cups water
- 1 tablespoon beef bouillon granules
- 1 tablespoon brown sugar packed
- 2 teaspoons salt
- 1 teaspoon pepper

- 2 bay leaves dried
- 1 lb baby carrots
- 1 lb green beans frozen

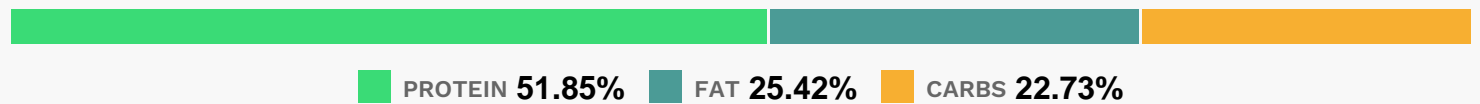
## Equipment

- slow cooker

## Directions

- In 4- to 5-quart slow cooker, mix all ingredients except green beans.
- Cover; cook on High heat setting 6 to 7 hours, stirring occasionally, adding green beans during last hour of cook time. Before serving, remove and discard bay leaves.

## Nutrition Facts



## Properties

Glycemic Index:13.13, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:31.372173889824%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 13.22mg, Quercetin: 13.22mg, Quercetin: 13.22mg, Quercetin: 13.22mg

## Nutrients (% of daily need)

Calories: 314.26kcal (15.71%), Fat: 8.79g (13.53%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 12.97g (4.72%), Sugar: 9.7g (10.78%), Cholesterol: 105.49mg (35.16%), Sodium: 953.41mg (41.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.35g (80.71%), Vitamin A: 8274.19IU (165.48%), Selenium: 48.51µg (69.29%), Vitamin B6: 1.38mg (68.89%), Vitamin B3: 12.68mg (63.41%), Vitamin B12: 3.15µg (52.55%), Zinc: 7.49mg (49.93%), Phosphorus: 431.1mg (43.11%), Vitamin K: 33.88µg (32.26%), Iron: 5.27mg (29.3%), Potassium: 1020.86mg (29.17%), Vitamin B2: 0.4mg (23.36%), Vitamin C: 17.34mg (21.02%), Manganese: 0.38mg (19.14%), Fiber: 4.72g (18.86%), Magnesium: 73.46mg (18.36%), Vitamin B1: 0.27mg (18.15%), Folate: 71.23µg (17.81%), Copper: 0.33mg (16.7%), Vitamin B5: 1.23mg (12.34%), Calcium: 105.38mg (10.54%), Vitamin E: 1.11mg (7.37%)