



Encore Stew

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



53 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups beef steak boneless cubed cooked
- 10 oz condensed vegetable soup canned
- 2 cups extra wide egg noodles uncooked
- 0.3 cup a.1. original sauce
- 1 medium onion chopped
- 2 Tbsp planters peanut oil
- 1 cup cut-up vegetables such as green beans and carrots, cooked assorted
- 2 cups water

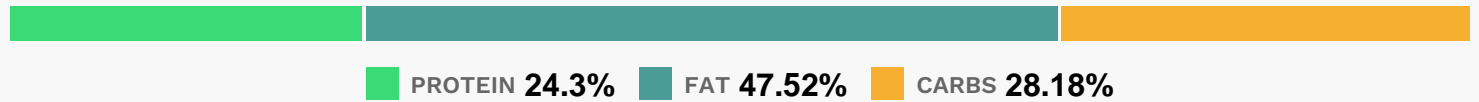
Equipment

sauce pan

Directions

- Heat oil in large saucepan on medium-high heat.
- Add onion; cook and stir until crisp-tender.
- Add steak, soup, steak sauce, vegetables and water; stir. Bring to boil.
- Stir in noodles; reduce heat to medium-low. Simmer 10 to 15 min. or until noodles are tender.

Nutrition Facts



Properties

Glycemic Index:4.39, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:2.1578260971152%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 52.92kcal (2.65%), Fat: 2.83g (4.35%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.47g (1.26%), Sugar: 1.33g (1.48%), Cholesterol: 10.07mg (3.36%), Sodium: 59.29mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.51%), Selenium: 5.29µg (7.55%), Zinc: 0.76mg (5.09%), Vitamin B3: 0.8mg (4.02%), Vitamin B12: 0.23µg (3.85%), Vitamin B6: 0.07mg (3.69%), Phosphorus: 29.32mg (2.93%), Potassium: 98.27mg (2.81%), Vitamin B2: 0.04mg (2.33%), Manganese: 0.04mg (2.03%), Vitamin C: 1.66mg (2.01%), Iron: 0.36mg (2%), Vitamin K: 1.84µg (1.75%), Magnesium: 6.47mg (1.62%), Vitamin B1: 0.02mg (1.53%), Copper: 0.03mg (1.33%), Fiber: 0.3g (1.2%), Vitamin A: 56.87IU (1.14%), Vitamin E: 0.17mg (1.13%)