



Extremely Easy Beef Stew

 **Gluten Free**  **Dairy Free**

READY IN



145 min.

SERVINGS



25

CALORIES



112 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 lb baking potatoes cut into 1-inch chunks (3)
- 0.8 cup original barbecue sauce kraft
- 2 lb beef chuck eye roast boneless cut into 1-inch chunks
- 6 carrots 1-inch-thick peeled cut into slices
- 0.3 cup a.1. & sauce thick hearty
- 1 onion coarsely chopped
- 2 cups water

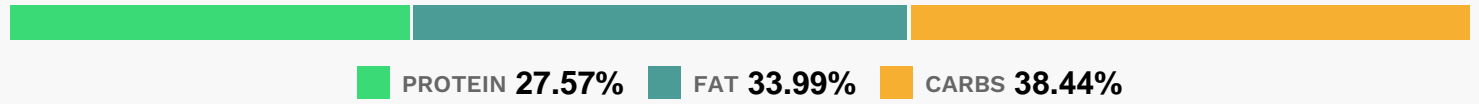
Equipment

- frying pan
- dutch oven

Directions

- Bring meat, water and barbecue sauce to boil in Dutch oven or large deep skillet; cover. Simmer on medium-low heat 1 hour.
- Add vegetables; stir. Cook, covered, 1 hour or until meat and vegetables are tender, stirring occasionally.
- Stir in steak sauce; cook 2 min.

Nutrition Facts



Properties

Glycemic Index:6.34, Glycemic Load:4.42, Inflammation Score:-9, Nutrition Score:7.9726088144209%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 112.22kcal (5.61%), Fat: 4.28g (6.59%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 9.99g (3.63%), Sugar: 4.44g (4.94%), Cholesterol: 25.04mg (8.35%), Sodium: 158.74mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.64%), Vitamin A: 2470.05IU (49.4%), Zinc: 2.87mg (19.11%), Vitamin B12: 0.99µg (16.51%), Vitamin B6: 0.26mg (13.24%), Selenium: 7.73µg (11.05%), Vitamin B3: 2.05mg (10.25%), Phosphorus: 91.67mg (9.17%), Potassium: 307.14mg (8.78%), Iron: 1.1mg (6.09%), Vitamin B2: 0.08mg (4.48%), Manganese: 0.08mg (4.19%), Magnesium: 16.66mg (4.16%), Vitamin B1: 0.06mg (4%), Fiber: 0.92g (3.66%), Vitamin B5: 0.36mg (3.64%), Vitamin C: 2.79mg (3.38%), Copper: 0.07mg (3.38%), Vitamin K: 3.14µg (2.99%), Folate: 8.69µg (2.17%), Calcium: 18.95mg (1.89%), Vitamin E: 0.24mg (1.59%)