



Fall Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baking potato cubed
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 0.8 pound boned chuck roast lean cut into 1-inch cubes
- ☐ 0.5 cup cooking wine dry red
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 10.5 ounce low-salt chicken broth canned
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup plum tomatoes chopped
- ☐ 1 cup rutabaga peeled chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup turnip peeled chopped
- ☐ 1 cup vidalia sweet chopped
- ☐ 0.5 cup zucchini chopped

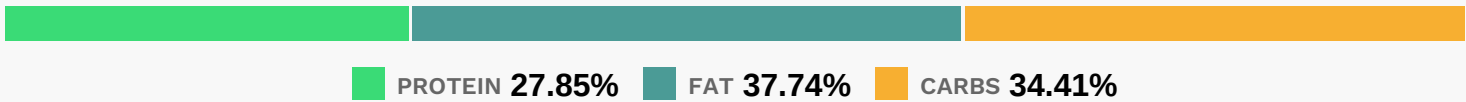
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven; add lamb, browning on all sides.
- ☐ Add onion, celery, carrot, and garlic; saut 5 minutes.
- ☐ Add the wine, and cook 3 minutes, stirring frequently.
- ☐ Add potato and next 5 ingredients (potato through bay leaves); bring to a boil. Reduce heat to medium; cook 1 hour and 20 minutes or until vegetables are tender.
- ☐ Add tomato and remaining ingredients; cook an additional 10 minutes. Discard bay leaves.

Nutrition Facts



Properties

Glycemic Index:124.4, Glycemic Load:12.16, Inflammation Score:-10, Nutrition Score:24.244347834069%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 2.07mg, Apigenin: 2.07mg, Apigenin: 2.07mg, Apigenin: 2.07mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 315.85kcal (15.79%), Fat: 12.76g (19.64%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 21.69g (7.89%), Sugar: 7.97g (8.85%), Cholesterol: 58.68mg (19.56%), Sodium: 455.29mg (19.8%), Alcohol: 3.15g (100%), Alcohol %: 0.88% (100%), Protein: 21.19g (42.38%), Vitamin A: 4551.21IU (91.02%), Zinc: 7.12mg (47.49%), Vitamin B12: 2.4µg (39.94%), Vitamin B6: 0.79mg (39.27%), Vitamin C: 30.87mg (37.41%), Vitamin B3: 6.36mg (31.78%), Potassium: 1084.34mg (30.98%), Phosphorus: 287.35mg (28.74%), Selenium: 18.97µg (27.1%), Vitamin K: 23.9µg (22.76%), Manganese: 0.44mg (22.24%), Iron: 3.65mg (20.29%), Fiber: 4.49g (17.94%), Magnesium: 60.19mg (15.05%), Vitamin B2: 0.25mg (14.97%), Vitamin B1: 0.21mg (14.13%), Folate: 55.82µg (13.96%), Copper: 0.27mg (13.67%), Vitamin B5: 1.06mg (10.63%), Calcium: 99.74mg (9.97%), Vitamin E: 1.16mg (7.71%)