



Gingered Beef Stew

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baking potato cubed peeled
- ☐ 42.8 ounce no-salt-added beef broth canned
- ☐ 1 pound beef round steak boneless lean cut into 2-inch strips
- ☐ 2 cups carrots sliced
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground ginger
- ☐ 2 tablespoons soya sauce low-sodium

- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon pepper

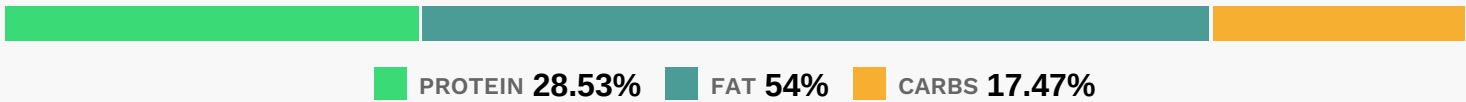
Equipment

- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine meat and flour in a heavy-duty, zip-top plastic bag; seal bag, and shake well to coat meat.
- ☐ Coat a Dutch oven with cooking spray.
- ☐ Place over medium-high heat until hot; add meat mixture, and cook until meat is browned, stirring often. Stir in onion; cook until tender, stirring often.
- ☐ Add broth and next 4 ingredients; cover, reduce heat, and simmer 30 minutes, stirring occasionally.
- ☐ Add potato and carrot; cover and cook 15 to 17 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:54.12, Glycemic Load:22.84, Inflammation Score:-10, Nutrition Score:43.1860874062%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 827.44kcal (41.37%), Fat: 49.3g (75.85%), Saturated Fat: 17.26g (107.87%), Carbohydrates: 35.9g (11.97%), Net Carbohydrates: 31.98g (11.63%), Sugar: 4.61g (5.12%), Cholesterol: 186.23mg (62.08%), Sodium: 3270.68mg (142.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.61g (117.22%), Vitamin A: 8570.13IU (171.4%), Selenium: 71.41µg (102.01%), Vitamin B12: 5.82µg (97.01%), Vitamin C: 77.68mg (94.16%), Zinc: 12.22mg (81.44%),

Vitamin B6: 1.61mg (80.7%), Vitamin B3: 15.58mg (77.91%), Phosphorus: 528.28mg (52.83%), Potassium: 1718.29mg (49.09%), Vitamin B2: 0.72mg (42.55%), Iron: 7.42mg (41.21%), Manganese: 0.59mg (29.29%), Copper: 0.52mg (25.82%), Vitamin B1: 0.39mg (25.71%), Magnesium: 97.38mg (24.35%), Vitamin B5: 1.98mg (19.79%), Fiber: 3.91g (15.65%), Folate: 62.07µg (15.52%), Vitamin K: 10.76µg (10.25%), Calcium: 67.85mg (6.78%), Vitamin E: 0.39mg (2.62%)