



98%  
HEALTH SCORE

## Gram's Irish Stew

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

READY IN



230 min.

SERVINGS



10

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cube beef bouillon from cube
- 4 pounds beef stew meat cubed
- 4 ounce mushrooms drained sliced canned
- 4 carrots diced
- 1 teaspoon celery seed
- 1 teaspoon ground pepper black
- 1 small onion chopped
- 10 potatoes cubed peeled

- 2 teaspoons sage
- 10 servings salt to taste
- 1 teaspoon vegetable oil
- 0.3 cup warm water
- 10 servings water to cover
- 1 teaspoon worcestershire sauce

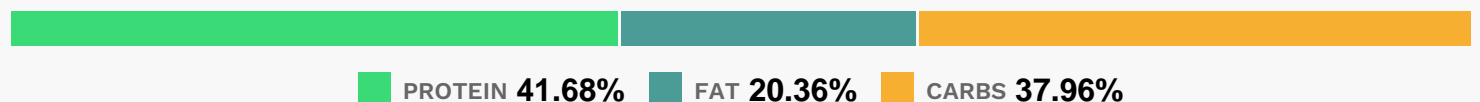
## Equipment

- bowl
- frying pan
- whisk
- slow cooker

## Directions

- Heat the oil in a skillet over medium-high heat.
- Add the beef to the oil and season with the sage; cook the beef until browned on all sides; drain.
- Place beef, potatoes, carrots, mushrooms, onion, celery seed, Worcestershire sauce, pepper, and beef bouillon in a slow cooker; season with salt.
- Pour enough water over the mixture to cover. Set slow cooker to HIGH and cover. Cook for 4 to 5 hours, stirring occasionally.
- Whisk together the cornstarch and warm water in a small bowl until smooth; stir through the stew. Allow the stew to cook until thickened, 15 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18.96, Glycemic Load:28.18, Inflammation Score:-10, Nutrition Score:38.342608572348%

## Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

## Nutrients (% of daily need)

Calories: 440kcal (22%), Fat: 9.82g (15.1%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 35.31g (12.84%), Sugar: 3.44g (3.83%), Cholesterol: 112.49mg (37.5%), Sodium: 395.28mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.21g (90.42%), Vitamin B6: 1.86mg (93.23%), Copper: 1.71mg (85.31%), Vitamin A: 4082.34IU (81.65%), Vitamin B3: 14.95mg (74.75%), Selenium: 51.46µg (73.52%), Vitamin B12: 3.36µg (55.95%), Zinc: 8.37mg (55.78%), Vitamin C: 44.03mg (53.37%), Phosphorus: 531.52mg (53.15%), Potassium: 1630.58mg (46.59%), Iron: 5.76mg (32.03%), Magnesium: 102.28mg (25.57%), Vitamin B1: 0.37mg (24.71%), Manganese: 0.49mg (24.3%), Fiber: 5.86g (23.45%), Vitamin B2: 0.38mg (22.3%), Folate: 65.1µg (16.28%), Vitamin B5: 1.59mg (15.92%), Vitamin K: 10.63µg (10.13%), Calcium: 86.05mg (8.6%), Vitamin E: 0.77mg (5.14%)