



## Green Chili Stew

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

READY IN



**105 min.**

SERVINGS



**4**

CALORIES



**187 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup beef broth dry red
- 0.8 pound roasted boneless cut into 1 inch cubes
- 1 cup tomatoes diced canned
- 2 tablespoons chiles green canned divided chopped
- 1 tablespoon canola oil
- 2 tablespoons parsley fresh minced
- 0.3 teaspoon garlic minced
- 0.3 cup bell pepper green chopped

- 1 dash ground cloves
- 0.5 teaspoon ground cumin
- 1 small jalapeno seeded chopped
- 0.3 cup onion chopped
- 0.5 cup salsa
- 0.3 teaspoon sugar

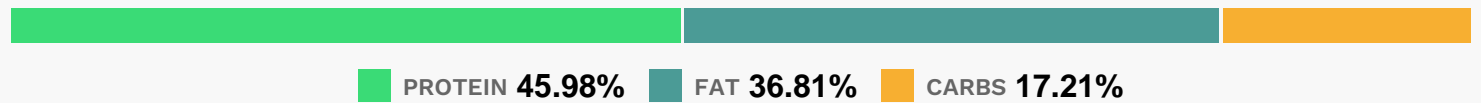
## Equipment

- pot

## Directions

- In a large pot over medium heat, heat the oil and brown the stew meat and the onions until onions are translucent; about 5 minutes
- Pour in the diced tomatoes with chiles, beef broth and chile peppers. Stir in the garlic salt and cumin. Salt and pepper to taste.
- Bring to a boil, reduce heat and simmer for 1 hour.
- Add a little more beef broth or water if needed during simmering.
- Stir in cubed potatoes to the mixture and simmer for an additional 30 minutes or until potatoes are tender.

## Nutrition Facts



## Properties

Glycemic Index:51.52, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:15.621739221656%

## Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.53mg, Luteolin: 0.53mg,

Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## **Nutrients (% of daily need)**

Calories: 187.32kcal (9.37%), Fat: 7.26g (11.17%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 5.71g (2.08%), Sugar: 3.74g (4.15%), Cholesterol: 53.58mg (17.86%), Sodium: 373.5mg (16.24%), Alcohol: 1.58g (100%), Alcohol %: 0.87% (100%), Protein: 20.4g (40.79%), Vitamin B6: 0.83mg (41.43%), Vitamin K: 40.15µg (38.24%), Selenium: 24.06µg (34.37%), Vitamin B3: 5.87mg (29.34%), Vitamin C: 23.88mg (28.94%), Vitamin B1: 0.43mg (28.75%), Phosphorus: 222.61mg (22.26%), Potassium: 581.64mg (16.62%), Manganese: 0.28mg (14.08%), Vitamin B2: 0.22mg (12.71%), Zinc: 1.76mg (11.75%), Vitamin E: 1.73mg (11.57%), Magnesium: 38.95mg (9.74%), Vitamin A: 480.11IU (9.6%), Iron: 1.66mg (9.23%), Vitamin B5: 0.82mg (8.19%), Fiber: 1.92g (7.68%), Vitamin B12: 0.43µg (7.23%), Copper: 0.13mg (6.51%), Calcium: 45.31mg (4.53%), Folate: 17.06µg (4.26%), Vitamin D: 0.34µg (2.27%)