



Ground Beef Stew over Garlic Mashed Potatoes

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 0.5 lb ground beef 80% lean (at least)
- ☐ 0.3 cup onion chopped
- ☐ 1 cup savory vegetable mixed frozen
- ☐ 14.5 oz tomatoes diced drained canned
- ☐ 12 oz gravy
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.3 teaspoon pepper

- ☐ 1.3 cups water
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 cup milk
- ☐ 1 cup potatoes mashed
- ☐ 1 tablespoon parsley fresh chopped

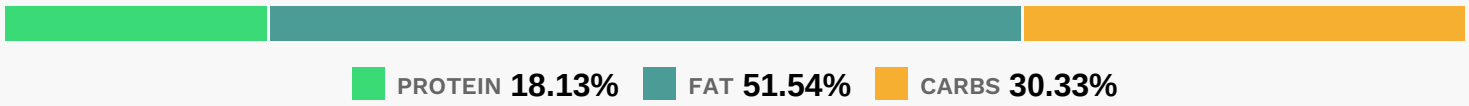
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 12-inch nonstick skillet, cook beef and onion over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain.
- ☐ Stir in mixed vegetables, tomatoes, gravy, marjoram and pepper.
- ☐ Heat to boiling. Reduce heat to low; simmer uncovered 8 to 10 minutes, stirring occasionally, until vegetables are tender.
- ☐ In 2-quart saucepan, heat water, butter and garlic salt to boiling.
- ☐ Remove from heat. Stir in milk, dry potatoes and parsley just until moistened.
- ☐ Let stand about 30 seconds or until liquid is absorbed. Fluff potatoes with fork.
- ☐ Serve beef mixture over potatoes.

Nutrition Facts



Properties

Glycemic Index:64.44, Glycemic Load:9.24, Inflammation Score:-9, Nutrition Score:16.803478101025%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg

Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 333.97kcal (16.7%), Fat: 19.5g (30%), Saturated Fat: 6.7g (41.89%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 21.58g (7.85%), Sugar: 5.7g (6.34%), Cholesterol: 49.5mg (16.5%), Sodium: 968.36mg (42.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.87%), Vitamin A: 2800.74IU (56.01%), Vitamin C: 26.72mg (32.39%), Vitamin B6: 0.52mg (26.11%), Vitamin B12: 1.33µg (22.17%), Vitamin B3: 4.3mg (21.5%), Vitamin K: 21.74µg (20.71%), Potassium: 719.17mg (20.55%), Zinc: 2.99mg (19.95%), Phosphorus: 191.72mg (19.17%), Fiber: 4.24g (16.96%), Iron: 3.04mg (16.9%), Manganese: 0.31mg (15.42%), Vitamin B2: 0.23mg (13.56%), Selenium: 9.39µg (13.42%), Vitamin B1: 0.19mg (12.39%), Magnesium: 49.12mg (12.28%), Copper: 0.22mg (11.23%), Calcium: 93.75mg (9.38%), Folate: 37.31µg (9.33%), Vitamin E: 1.17mg (7.83%), Vitamin B5: 0.74mg (7.35%), Vitamin D: 0.28µg (1.87%)