



## Healthier Slow Cooker Beef Stew I

 Dairy Free  Very Healthy

READY IN



650 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 bay leaf
- ☐ 2 pounds beef stew meat cut into 1 inch cubes
- ☐ 0.8 pound butternut squash peeled cut into small chunks
- ☐ 4 carrots sliced
- ☐ 1 stalk celery chopped
- ☐ 0.5 head endive washed and torn into bite-sized pieces
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cloves garlic minced

- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 cups beef broth reduced-sodium
- ☐ 1 onion chopped
- ☐ 1 teaspoon paprika
- ☐ 3 potatoes diced
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon worcestershire sauce

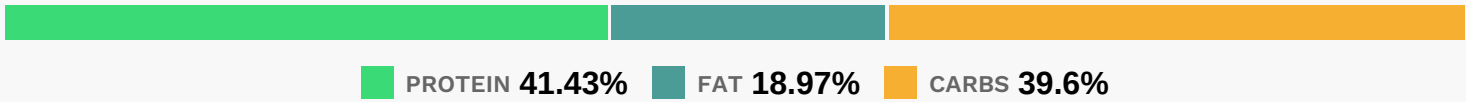
## Equipment

- ☐ bowl
- ☐ slow cooker

## Directions

- ☐ Place beef in slow cooker.
- ☐ Mix together flour, salt, and pepper in a small bowl.
- ☐ Pour over meat and stir to coat. Stir in garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, celery, and butternut squash.
- ☐ Cover and cook on Low for 10 to 12 hours or on High for 4 to 6 hours. Stir in escarole. Cover and cook until escarole is tender, 15 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:64.43, Glycemic Load:18.45, Inflammation Score:-10, Nutrition Score:38.512608486673%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 4.88mg, Kaempferol: 4.88mg, Kaempferol: 4.88mg, Kaempferol: 4.88mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 378.38kcal (18.92%), Fat: 7.97g (12.25%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 37.42g (12.47%),  
Net Carbohydrates: 30.88g (11.23%), Sugar: 5.14g (5.71%), Cholesterol: 93.74mg (31.25%), Sodium: 453.2mg (19.7%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.14g (78.28%), Vitamin A: 13833.03IU (276.66%), Vitamin K:  
99.08µg (94.36%), Vitamin B6: 1.51mg (75.72%), Vitamin B3: 12.98mg (64.88%), Selenium: 44.8µg (64%), Vitamin C:  
40.05mg (48.55%), Zinc: 7.2mg (47.98%), Vitamin B12: 2.8µg (46.62%), Potassium: 1607.05mg (45.92%),  
Phosphorus: 446.75mg (44.68%), Folate: 128.76µg (32.19%), Manganese: 0.64mg (32.11%), Iron: 5.25mg (29.17%),  
Vitamin B1: 0.4mg (26.4%), Fiber: 6.54g (26.17%), Magnesium: 95.81mg (23.95%), Vitamin B2: 0.38mg (22.44%),  
Copper: 0.39mg (19.46%), Vitamin B5: 1.73mg (17.34%), Vitamin E: 1.84mg (12.27%), Calcium: 115.76mg (11.58%)