



Hearty Beef and Barley Stew

 Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

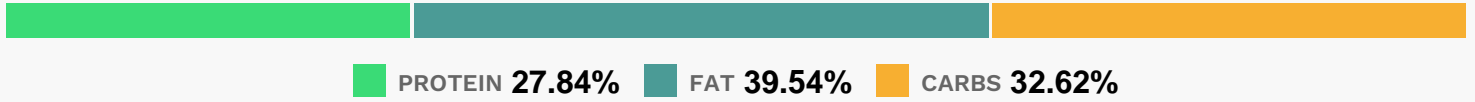
Ingredients

- 2 cups baby carrots
- 9 ounce beef broth canned
- 14.5 ounce canned tomatoes diced undrained canned
- 1.5 lbs beef chuck steaks boneless cut into 1-inch cubes
- 10 ounce mushrooms fresh sliced (i use 1 lb ())
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- 0.8 cup quick-cooking barley uncooked
- 0.8 cup peas green frozen

- 8 servings salt and pepper
- 2 cups water
- 2 tablespoons worcestershire sauce

Equipment

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:25.319130434783%

Nutrients (% of daily need)

Calories: 309.46kcal (15.47%), Fat: 14.04g (21.59%), Saturated Fat: 5.8g (36.28%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 19.74g (7.18%), Sugar: 6.53g (7.26%), Cholesterol: 57.83mg (19.28%), Sodium: 527.17mg (22.92%), Protein: 22.24g (44.47%), Vitamin A: 4647.51IU (92.95%), Zinc: 7.4mg (49.36%), Selenium: 31.5µg (45%), Vitamin B3: 8.51mg (42.56%), Vitamin B12: 2.3µg (38.27%), Phosphorus: 305.66mg (30.57%), Vitamin B6: 0.6mg (30.19%), Vitamin B2: 0.5mg (29.19%), Copper: 0.52mg (26.25%), Fiber: 6.31g (25.25%), Potassium: 879.57mg (25.13%), Manganese: 0.49mg (24.53%), Iron: 4.08mg (22.65%), Vitamin B5: 1.96mg (19.63%), Vitamin B1: 0.25mg (16.5%), Vitamin C: 13.04mg (15.8%), Magnesium: 57.95mg (14.49%), Folate: 44.05µg (11.01%), Vitamin K: 10.83µg (10.32%), Calcium: 58.93mg (5.89%), Vitamin E: 0.79mg (5.29%), Vitamin D: 0.23µg (1.51%)