



78%
HEALTH SCORE

Hearty Beef Stew

 Dairy Free  Very Healthy

READY IN



380 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 cups beef broth
- 1 pound beef stew meat cubed
- 3 carrots sliced
- 1 stalk celery sliced
- 0.3 cup flour all-purpose
- 2 cloves garlic minced
- 0.5 pound mushrooms quartered

- 1 onion chopped
- 1 tablespoon paprika
- 2 potatoes cubed
- 4 servings salt and pepper to taste
- 1.5 tablespoons teriyaki sauce

Equipment

- bowl
- slow cooker

Directions

- Place beef stew meat into a slow cooker. In a small bowl, mix together flour, paprika, salt, and pepper; sprinkle over beef stew meat, stirring to coat. Stir in beef broth, teriyaki sauce, onion, carrots, celery, potatoes, mushrooms, garlic and bay leaf.
- Cover, and cook on Low 6 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:85.4, Glycemic Load:20.6, Inflammation Score:-10, Nutrition Score:31.235217395036%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 334.49kcal (16.72%), Fat: 6.64g (10.22%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 30.54g (11.11%), Sugar: 6.59g (7.32%), Cholesterol: 70.31mg (23.44%), Sodium: 1013.72mg (44.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.63%), Vitamin A: 8554.2IU (171.08%), Vitamin B3: 13.02mg (65.08%), Vitamin B6: 1.3mg (64.79%), Selenium: 41.1µg (58.73%), Phosphorus: 421.91mg

(42.19%), Potassium: 1362.34mg (38.92%), Zinc: 5.65mg (37.64%), Vitamin B12: 2.2µg (36.74%), Vitamin B2: 0.57mg (33.82%), Vitamin C: 27.71mg (33.59%), Iron: 4.75mg (26.41%), Copper: 0.48mg (23.82%), Vitamin B1: 0.36mg (23.74%), Fiber: 5.68g (22.74%), Manganese: 0.44mg (21.87%), Vitamin B5: 1.97mg (19.66%), Magnesium: 77.91mg (19.48%), Folate: 77.12µg (19.28%), Vitamin K: 13.92µg (13.25%), Vitamin E: 1.21mg (8.04%), Calcium: 78.56mg (7.86%)