



Hearty Red Wine and Beef Stew

 Dairy Free

READY IN



169 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 carrots chopped
- ☐ 0.8 cup cooking wine dry red
- ☐ 0.3 cup flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup less-sodium beef broth
- ☐ 8 ounce mushrooms quartered
- ☐ 6 teaspoons olive oil divided

- ☐ 1 cup onion chopped
- ☐ 12 ounce roasted bell peppers red drained chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 1 tablespoon no-salt-added tomato paste
- ☐ 1.5 pounds beef top sirloin steaks trimmed cut into 1-inch cubes
- ☐ 1 cup water

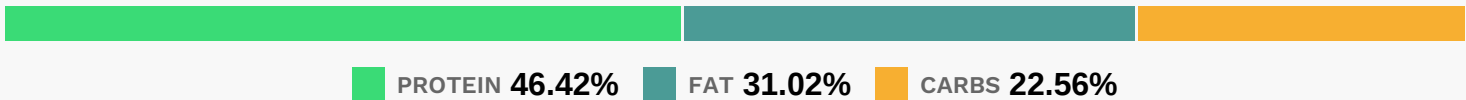
Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Sprinkle beef with 1/4 teaspoon salt and black pepper.
- ☐ Place beef and flour in a large zip-top plastic bag; seal and shake to coat.
- ☐ Heat 2 teaspoons oil in a large Dutch oven over medium-high heat.
- ☐ Add half of beef; cook 5 minutes or until browned, stirring frequently. Repeat with 2 teaspoons oil and remaining beef.
- ☐ Remove from pan; set aside.
- ☐ Add remaining 2 teaspoons oil to pan.
- ☐ Add carrot, onion, and garlic; cook 5 minutes, stirring occasionally.
- ☐ Add mushrooms; cook 5 minutes, stirring occasionally. Stir in tomato paste; cook 1 minute.
- ☐ Add beef, remaining 1/4 teaspoon salt, bell pepper, and remaining ingredients to pan; bring to a boil. Cover, reduce heat to low, and simmer 2 hours.

Nutrition Facts



Properties

Glycemic Index:47.97, Glycemic Load:4.72, Inflammation Score:-10, Nutrition Score:22.707391386447%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 267.38kcal (13.37%), Fat: 8.46g (13.02%), Saturated Fat: 2.11g (13.19%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 11.46g (4.17%), Sugar: 3.2g (3.56%), Cholesterol: 66.9mg (22.3%), Sodium: 1110.73mg (48.29%), Alcohol: 3.15g (100%), Alcohol %: 1.11% (100%), Protein: 28.5g (57%), Vitamin A: 3733.56IU (74.67%), Selenium: 40.96µg (58.52%), Vitamin B3: 9.65mg (48.24%), Vitamin B6: 0.95mg (47.28%), Vitamin C: 31.54mg (38.23%), Zinc: 5.01mg (33.4%), Phosphorus: 309mg (30.9%), Potassium: 793.63mg (22.68%), Vitamin B2: 0.36mg (20.95%), Vitamin B12: 1.08µg (18.02%), Copper: 0.33mg (16.58%), Iron: 2.97mg (16.51%), Vitamin B5: 1.46mg (14.57%), Manganese: 0.27mg (13.63%), Vitamin B1: 0.2mg (13.47%), Folate: 49.09µg (12.27%), Magnesium: 44.13mg (11.03%), Fiber: 2.39g (9.58%), Vitamin E: 1.16mg (7.71%), Calcium: 69.24mg (6.92%), Vitamin K: 6.94µg (6.61%)