



Hoisin Beef Stew with Snow Peas



Gluten Free



Dairy Free

READY IN



430 min.

SERVINGS



6

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pounds beef short ribs
- ☐ 1 tablespoon ginger fresh finely chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 14 oz hoisin sauce
- ☐ 6 servings salt
- ☐ 3 scallions light white green sliced
- ☐ 8 ounces snow peas halved
- ☐ 1 tablespoon vegetable oil

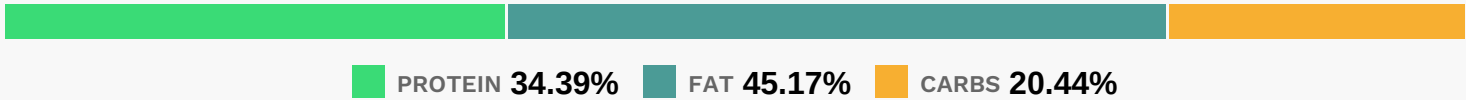
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slow cooker
- ☐ tongs

Directions

- ☐ Warm oil in a large pot over medium-high heat.
- ☐ Sprinkle short ribs with salt and brown on all sides, turning with tongs, about 6 minutes total.
- ☐ Transfer to a slow cooker.
- ☐ In a bowl, whisk hoisin sauce, 1/2 cup water, garlic and ginger.
- ☐ Pour over short ribs. Cover; cook on low until meat is falling off bones, 6 to 7 hours.
- ☐ Stir in snow peas, cover and cook until warmed through, 5 to 10 minutes.
- ☐ Sprinkle with scallions and serve.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:31.320869601291%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 664.64kcal (33.23%), Fat: 32.73g (50.36%), Saturated Fat: 12.69g (79.31%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 30.28g (11.01%), Sugar: 19.75g (21.94%), Cholesterol: 164.79mg (54.93%), Sodium: 1447.72mg (62.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.07g (112.14%), Vitamin B12: 9.35µg (155.9%), Zinc:

13.55mg (90.36%), Vitamin B6: 1.21mg (60.4%), Selenium: 41.52µg (59.31%), Phosphorus: 575.12mg (57.51%),
Vitamin B3: 10.47mg (52.35%), Iron: 7.55mg (41.92%), Vitamin B2: 0.61mg (35.65%), Potassium: 1168.87mg (33.4%),
Vitamin C: 24.75mg (30.01%), Vitamin K: 26.4µg (25.15%), Magnesium: 87.86mg (21.97%), Vitamin B1: 0.33mg
(21.75%), Manganese: 0.35mg (17.25%), Copper: 0.32mg (15.93%), Folate: 51.67µg (12.92%), Vitamin B5: 1.23mg
(12.3%), Fiber: 3.06g (12.23%), Vitamin A: 474.85IU (9.5%), Calcium: 67.74mg (6.77%), Vitamin E: 0.56mg (3.7%)