



Home-Style Beef Stew

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 oz tomatoes diced with garlic and olive oil, undrained canned
- ☐ 1 lb cauliflower frozen (or other combination)
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.7 cup milk
- ☐ 6 ounces canned tomatoes canned
- ☐ 2 cups water
- ☐ 2.3 cups frangelico

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Equipment

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bowl

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oven

☐

dutch oven

Directions

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Heat oven to 425F. In 4-quart ovenproof Dutch oven, cook beef over medium heat, stirring occasionally, until brown; drain. Stir in water, tomatoes, tomato paste and vegetables.

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Heat to boiling, stirring occasionally; remove from heat.

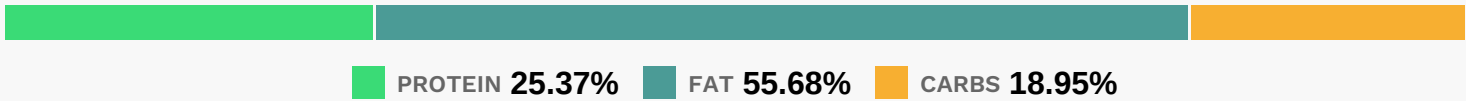
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In medium bowl, stir remaining ingredients until soft dough forms. Drop dough by 6 spoonfuls onto beef mixture.

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Bake uncovered 20 to 25 minutes or until biscuits are golden brown and stew is bubbly.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:1.79, Inflammation Score:-6, Nutrition Score:18.426086954449%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 259.79kcal (12.99%), Fat: 16.46g (25.33%), Saturated Fat: 6.44g (40.25%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 9.17g (3.33%), Sugar: 7.26g (8.07%), Cholesterol: 56.93mg (18.98%), Sodium: 321.31mg (13.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.87g (33.75%), Vitamin C: 52.68mg (63.85%), Vitamin B6: 0.6mg (29.75%), Vitamin B12: 1.76µg (29.4%), Vitamin K: 29.57µg (28.16%), Zinc: 3.76mg (25.06%), Vitamin B3: 4.94mg (24.69%), Potassium: 815.18mg (23.29%), Phosphorus: 215.58mg (21.56%), Iron: 3.52mg (19.57%), Selenium: 12.62µg (18.02%), Vitamin B2: 0.29mg (16.79%), Folate: 64.04µg (16.01%), Manganese: 0.28mg (14.21%), Fiber: 3.44g (13.77%), Magnesium: 49.31mg (12.33%), Vitamin B5: 1.23mg (12.28%), Calcium: 118.99mg

(11.9%), Copper: 0.24mg (11.8%), Vitamin B1: 0.17mg (11.27%), Vitamin E: 1.68mg (11.17%), Vitamin A: 321.35IU (6.43%),
Vitamin D: 0.37µg (2.49%)