

Hungarian Goulash

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



285 min.

SERVINGS



12

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 pounds beef stew meat cubed
- 30 ounce kidney beans canned
- 15 ounce peas canned
- 15 ounce carrots canned
- 1 bunch celery cut into 1/2 inch pieces
- 14.5 ounce green beans canned
- 12 servings ground pepper black to taste

- 2 onions chopped
- 2 teaspoons salt
- 2 quarts sacramento tomato juice

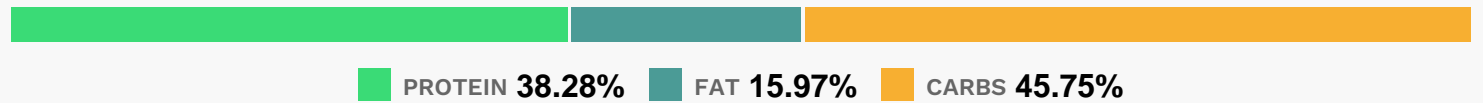
Equipment

- sauce pan

Directions

- Place the beef stew meat and onions in a medium saucepan. Cook and stir over medium heat until evenly brown
- In a large saucepan, place the meat, onions, tomato juice, celery, green beans, carrots, peas, bay leaves, salt and pepper. Bring to a boil. Reduce heat and simmer 4 hours.
- Stir in the kidney beans. Cook 15 minutes longer and serve warm.

Nutrition Facts



Properties

Glycemic Index:22.26, Glycemic Load:7.61, Inflammation Score:-10, Nutrition Score:26.866086814715%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 243.86kcal (12.19%), Fat: 4.44g (8.84%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 20.76g (7.55%), Sugar: 11.68g (12.98%), Cholesterol: 46.87mg (15.62%), Sodium: 722.61mg (31.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.96g (47.91%), Vitamin A: 7424.96IU (148.5%), Vitamin C: 39.93mg (48.4%), Vitamin B6: 0.87mg (43.54%), Vitamin B3: 7.51mg (37.53%), Vitamin K: 35.4µg (33.71%), Selenium: 23.01µg (32.87%), Phosphorus: 320.09mg (32.01%), Fiber: 7.87g (31.47%), Potassium: 1063.43mg (30.38%), Zinc: 4.28mg (28.54%), Manganese: 0.57mg (28.44%), Vitamin B12: 1.4µg (23.31%), Iron: 4.1mg (22.8%), Folate: 91.07µg (22.77%), Vitamin B1: 0.31mg (20.5%), Magnesium: 78.71mg (19.68%), Copper: 0.36mg (17.96%),

Vitamin B2: 0.29mg (17.01%), Vitamin B5: 1.05mg (10.54%), Calcium: 88.52mg (8.85%), Vitamin E: 1.14mg (7.61%)