



## Hunter's Stew

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

READY IN



45 min.

SERVINGS



8

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.3 ounce no-salt-added beef broth canned
- 2 cups carrots sliced ()
- 0.8 teaspoon basil dried
- 0.5 teaspoon rosemary dried crushed
- 1 cup cooking wine dry red
- 0.3 cup parsley fresh chopped
- 3 cups mushrooms halved
- 2 cups pearl onions frozen

- 1.5 cups peas green frozen thawed
- 2 cups potatoes red cubed peeled (1-inch)
- 1 teaspoon salt
- 2 pounds boned top round steak lean
- 1.5 cups water
- 0.8 cup rice wild uncooked

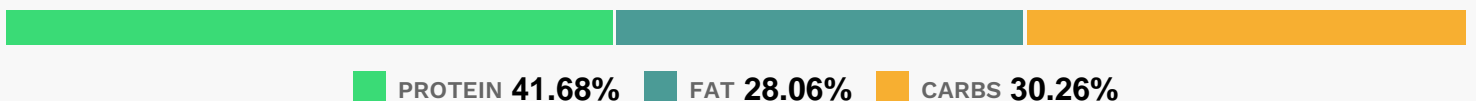
## Equipment

- ladle
- oven
- dutch oven

## Directions

- Preheat oven to 37
- Trim fat from steak.
- Cut steak into 1-inch cubes.
- Heat a Dutch oven coated with cooking spray over medium-high heat.
- Add steak; brown 5 minutes.
- Add water and next 5 ingredients. Cover and bake at 375 for 1 hour. Stir; cover and bake 30 additional minutes or until rice is tender.
- Remove from oven; stir in peas.
- Note: Make up to 1 week ahead, if desired. Ladle into airtight containers and freeze. Thaw overnight in refrigerator. Reheat over medium-low heat.

## Nutrition Facts



## Properties

Glycemic Index:38.52, Glycemic Load:9.34, Inflammation Score:-10, Nutrition Score:34.042608653722%

## 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: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg

## Nutrients (% of daily need)

Calories: 405.48kcal (20.27%), Fat: 11.92g (18.34%), Saturated Fat: 3.8g (23.78%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 23.75g (8.64%), Sugar: 6.91g (7.68%), Cholesterol: 96.44mg (32.15%), Sodium: 1013.19mg (44.05%), Alcohol: 3.15g (100%), Alcohol %: 0.93% (100%), Protein: 39.84g (79.68%), Vitamin A: 5718.09IU (114.36%), Selenium: 50.45µg (72.08%), Vitamin B3: 13.15mg (65.77%), Vitamin B6: 1.21mg (60.43%), Zinc: 8.31mg (55.41%), Phosphorus: 479.51mg (47.95%), Vitamin K: 45.75µg (43.57%), Vitamin C: 35.64mg (43.2%), Vitamin B12: 2.44µg (40.74%), Potassium: 1104.86mg (31.57%), Vitamin B2: 0.51mg (29.95%), Manganese: 0.52mg (25.76%), Iron: 4.52mg (25.13%), Copper: 0.49mg (24.63%), Magnesium: 90.13mg (22.53%), Vitamin B1: 0.31mg (20.89%), Fiber: 5.16g (20.64%), Vitamin B5: 2.01mg (20.07%), Folate: 80.3µg (20.07%), Calcium: 71.83mg (7.18%), Vitamin E: 0.74mg (4.93%)