



Irish Beef Stew

 Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



104 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 lb beef round steak boneless trimmed cut into bite-size pieces
- 14 oz beef broth canned
- 14 oz canned tomatoes undrained canned
- 3 carrots cut into 1/2-inch-thick slices
- 4 cups noodles hot cooked
- 2 Tbsp flour
- 0.8 oz env. seasons garlic & herb dressing mix good
- 2 Tbsp oil

- 1 large onion coarsely chopped
- 1 lb potatoes red cut into 3/4-inch chunks (3)

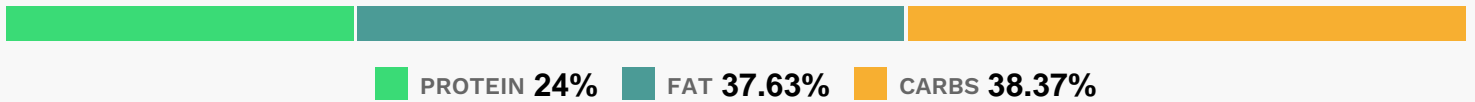
Equipment

- frying pan
- dutch oven

Directions

- Coat meat with flour.
- Heat oil in Dutch oven or large deep skillet on medium-high heat.
- Add meat and onions; cook and stir 5 to 8 min. or until meat is evenly browned. Stir in broth, tomatoes and dressing mix. Bring to boil, stirring occasionally; cover. Simmer on low heat 15 min., stirring occasionally.
- Add potatoes and carrots; simmer, covered, 45 min. or until meat is tender and sauce is thickened, uncovering after 30 min. and stirring occasionally.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:3.06, Inflammation Score:-6, Nutrition Score:6.080869536037%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 104.25kcal (5.21%), Fat: 4.43g (6.82%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 8.78g (3.19%), Sugar: 1.4g (1.55%), Cholesterol: 13.83mg (4.61%), Sodium: 85.96mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.71%), Vitamin A: 1064.93IU (21.3%), Selenium: 10.15µg (14.5%), Zinc: 1.38mg (9.17%), Vitamin B3: 1.74mg (8.71%), Vitamin B6: 0.17mg (8.38%), Manganese: 0.15mg (7.68%), Vitamin K: 7.67µg (7.31%), Iron: 1.23mg (6.81%), Vitamin B12: 0.39µg (6.43%), Potassium: 219.26mg (6.26%), Phosphorus:

62.17mg (6.22%), Fiber: 1.38g (5.52%), Vitamin B2: 0.08mg (4.88%), Copper: 0.09mg (4.4%), Magnesium: 17.2mg (4.3%), Vitamin C: 3.26mg (3.96%), Vitamin B1: 0.06mg (3.81%), Vitamin E: 0.52mg (3.46%), Folate: 11.3µg (2.82%), Calcium: 24.8mg (2.48%), Vitamin B5: 0.13mg (1.31%)