

## Island Beef Stew

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound carrots thinly sliced
- 3 pounds boned chuck roast lean trimmed
- 3 tablespoons flour all-purpose
- 0.5 teaspoon ground ginger
- 0.3 cup blackstrap molasses
- 29 ounce no-salt-added tomatoes whole undrained chopped canned
- 1 tablespoon olive oil
- 3 cups onion vertically sliced

- 1.3 teaspoons pepper
- 0.5 cup raisins
- 1 teaspoon salt
- 2 cups water
- 0.3 cup vinegar white

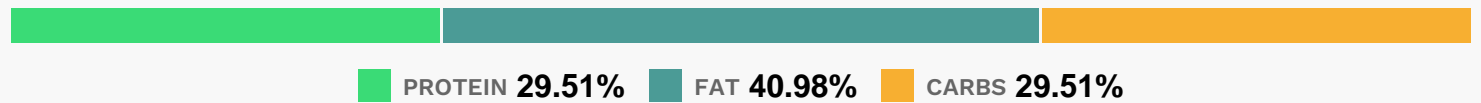
## Equipment

- frying pan
- dutch oven

## Directions

- Dredge beef in flour.
- Heat oil in a large Dutch oven; add beef, browning on all sides.
- Add tomatoes, onion, pepper, and salt.
- Combine water, molasses, and vinegar; stir into beef mixture. Cover, reduce heat, and simmer 1 hour and 15 minutes or until beef is tender. Stir in carrot, raisins, and ginger; simmer an additional 30 minutes or until carrot is tender.
- Remove roast from pan. Separate roast into bite-size pieces, and shred with 2 forks. Return shredded roast to pan.

## Nutrition Facts



## Properties

Glycemic Index:37.07, Glycemic Load:11.61, Inflammation Score:-10, Nutrition Score:29.224782518719%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg

## Nutrients (% of daily need)

Calories: 415.34kcal (20.77%), Fat: 19.3g (29.69%), Saturated Fat: 7.92g (49.5%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 27.34g (9.94%), Sugar: 16.16g (17.96%), Cholesterol: 104.33mg (34.78%), Sodium: 436.76mg (18.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.27g (62.54%), Vitamin A: 8548.83IU (170.98%), Zinc: 11.79mg (78.61%), Vitamin B12: 4.13µg (68.79%), Selenium: 34.8µg (49.71%), Vitamin B6: 0.92mg (45.77%), Vitamin B3: 8.11mg (40.56%), Phosphorus: 349.84mg (34.98%), Potassium: 1169.63mg (33.42%), Iron: 5.27mg (29.28%), Manganese: 0.53mg (26.71%), Magnesium: 84.67mg (21.17%), Vitamin B2: 0.34mg (20.06%), Vitamin C: 15.85mg (19.21%), Fiber: 3.93g (15.73%), Vitamin B1: 0.23mg (15.52%), Copper: 0.3mg (15.04%), Vitamin B5: 1.36mg (13.59%), Vitamin K: 13.18µg (12.55%), Calcium: 114.81mg (11.48%), Vitamin E: 1.48mg (9.87%), Folate: 36.43µg (9.11%), Vitamin D: 0.15µg (1.01%)