



Italian Beef and Ravioli Stew

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 0.5 cup onion coarsely chopped
- 2 teaspoons garlic finely chopped
- 2 teaspoons rosemary leaves fresh chopped
- 1 medium bell pepper green yellow cut into 2-inch strips
- 2 pounds beef chuck boneless cut into 1-inch pieces
- 29 ounces tomatoes diced with balsamic vinegar, basil and olive oil, undrained canned
- 0.5 cup beef broth flavored (from 32-ounce carton)

- 1.5 cups green beans frozen
- 9 ounces cheese ravioli refrigerated

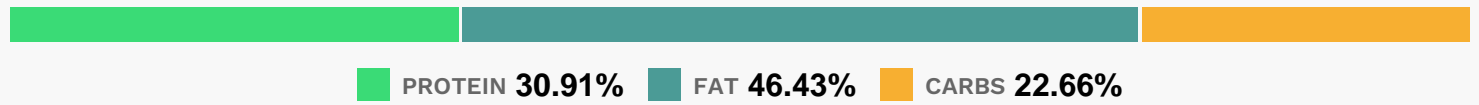
Equipment

- dutch oven

Directions

- Heat oil in 4 1/2- to 5-quart Dutch oven over medium-high heat. Cook onion, garlic, rosemary and bell pepper in oil 4 to 5 minutes, stirring frequently, until onions are softened. Stir in beef. Cook 6 to 8 minutes, stirring occasionally, until beef is lightly browned.
- Stir in tomatoes and wine.
- Heat to boiling; reduce heat to medium-low. Cover and cook 45 to 50 minutes, stirring occasionally, until beef is tender.
- Stir in frozen green beans and ravioli. Increase heat to medium-high. Cook 8 to 10 minutes, stirring occasionally, until ravioli are tender.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:7.33, Inflammation Score:-6, Nutrition Score:25.385651847591%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 477.85kcal (23.89%), Fat: 24.98g (38.44%), Saturated Fat: 9.71g (60.69%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 23.53g (8.56%), Sugar: 6.06g (6.73%), Cholesterol: 127.29mg (42.43%), Sodium: 658.14mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.42g (74.84%), Zinc: 11.69mg (77.92%), Vitamin B12: 4.14µg (69.03%), Iron: 9.35mg (51.92%), Selenium: 31.8µg (45.42%), Vitamin B6: 0.84mg (42.24%), Vitamin C: 33.35mg (40.42%), Vitamin B3: 7.99mg (39.95%), Phosphorus: 334.23mg (33.42%), Potassium: 886.81mg (25.34%),

Vitamin K: 23.77µg (22.64%), Vitamin B2: 0.34mg (19.86%), Fiber: 3.92g (15.67%), Magnesium: 54.67mg (13.67%),
Vitamin B1: 0.2mg (13.59%), Manganese: 0.24mg (12.02%), Vitamin B5: 1.2mg (11.98%), Copper: 0.23mg (11.36%),
Vitamin E: 1.59mg (10.63%), Calcium: 95.03mg (9.5%), Vitamin A: 444.44IU (8.89%), Folate: 29.56µg (7.39%),
Vitamin D: 0.15µg (1.01%)