



Italian Beef Stew

 Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.5 teaspoon pepper black
- 0.5 cup carrots chopped
- 0.8 cup carrots ()
- 2 pounds chuck roast boneless trimmed cut into cubes
- 8 ounce cremini mushrooms quartered
- 1 cup cooking wine dry red
- 0.3 cup flour all-purpose

- 2 tablespoons basil fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 1 tablespoon garlic minced
- 1.5 cups lower-sodium beef broth fat-free
- 7 teaspoons olive oil divided
- 1.5 cups onion chopped
- 2 teaspoons oregano fresh chopped
- 1 tablespoon parsley chopped
- 2 pounds plum tomatoes peeled seeded chopped
- 0.8 teaspoon salt divided
- 0.5 cup water

Equipment

- frying pan
- dutch oven

Directions

- Heat a Dutch oven over medium-high heat.
- Add 1 teaspoon oil to pan.
- Add onion and chopped carrot; saut 8 minutes, stirring occasionally.
- Add garlic; saut for 45 seconds, stirring constantly.
- Remove from pan.
- Add 1 tablespoon oil to pan.
- Place 1/4 cup flour in a shallow dish.
- Sprinkle beef with 1/2 teaspoon salt and pepper; dredge in flour.
- Add half of beef to pan; saut 6 minutes, browning on all sides.
- Remove from pan. Repeat procedure.
- Add wine to pan, and bring to a boil, scraping pan. Cook until reduced to 1/3 cup (about 5 minutes). Return meat and the onion mixture to pan.

Add tomato and next 6 ingredients; bring to a boil. Cover, reduce heat, and simmer for 45 minutes, stirring occasionally. Uncover, and stir in sliced carrot. Simmer, uncovered, for 1 hour or until meat is very tender, stirring occasionally. Discard bay leaf. Stir in remaining 1/4 teaspoon salt, basil, and parsley.

Nutrition Facts

PROTEIN 32.28% **FAT 48.56%** **CARBS 19.16%**

Properties

Glycemic Index:55.96, Glycemic Load:4.72, Inflammation Score:-10, Nutrition Score:25.309999815796%

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 Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 327.8kcal (16.39%), Fat: 16.94g (26.06%), Saturated Fat: 6.28g (39.22%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 11.97g (4.35%), Sugar: 5.74g (6.38%), Cholesterol: 78.24mg (26.08%), Sodium: 416.29mg (18.1%), Alcohol: 3.15g (100%), Alcohol %: 0.98% (100%), Protein: 25.33g (50.66%), Vitamin A: 4403.45IU (88.07%), Zinc: 9.21mg (61.37%), Vitamin B12: 3.12µg (52.07%), Selenium: 32.4µg (46.28%), Vitamin B3: 7.17mg (35.84%), Vitamin B6: 0.64mg (32.14%), Phosphorus: 299.06mg (29.91%), Potassium: 993.63mg (28.39%), Vitamin K: 29.14µg (27.76%), Vitamin C: 20.82mg (25.24%), Vitamin B2: 0.37mg (21.83%), Iron: 3.46mg (19.2%), Manganese: 0.35mg (17.46%), Copper: 0.32mg (16%), Vitamin B1: 0.21mg (13.68%), Vitamin B5: 1.35mg (13.48%), Fiber: 3.07g (12.28%), Folate: 46.73µg (11.68%), Magnesium: 46.18mg (11.55%), Vitamin E: 1.58mg (10.51%), Calcium: 64.47mg (6.45%)