



## Kate's Beef Stew

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- 1 cup carrots chopped
- 0.5 cup celery chopped
- 2 pounds chuck roast boneless trimmed cut into 1-inch cubes
- 1.5 cups cooking wine dry red
- 2 tablespoons flour all-purpose

- 2 teaspoons garlic minced
- 0.5 teaspoon kosher salt
- 1 cup less-sodium beef broth fat-free
- 2 tablespoons olive oil
- 1 cup onion chopped
- 2 oregano sprigs
- 2 rosemary sprigs

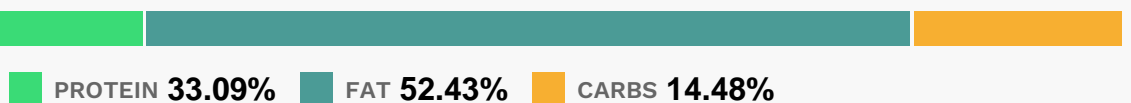
## Equipment

- frying pan
- slotted spoon
- dutch oven

## Directions

- Sprinkle flour, salt, and pepper over beef.
- Heat oil in a large Dutch oven over medium-high heat.
- Add beef mixture to pan; cook 5 minutes, browning on all sides.
- Remove beef from pan with a slotted spoon; keep warm.
- Add onion and celery to pan; saut 5 minutes or until tender.
- Add garlic; saut 1 minute.
- Add beef, wine, and the next 5 ingredients (through bay leaf) to pan; bring to a boil. Cover, reduce heat, and simmer for 45 minutes or until beef is just tender.
- Add carrot to pan; cover and cook for 30 minutes. Discard the rosemary and oregano sprigs and bay leaf.

## Nutrition Facts



## Properties

Glycemic Index:50.83, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:21.690434906794%

## Flavonoids

Petunidin: 1.71mg, Petunidin: 1.71mg, Petunidin: 1.71mg, Petunidin: 1.71mg Delphinidin: 2.15mg, Delphinidin: 2.15mg, Delphinidin: 2.15mg, Delphinidin: 2.15mg Malvidin: 13.49mg, Malvidin: 13.49mg, Malvidin: 13.49mg, Malvidin: 13.49mg Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg Catechin: 3.96mg, Catechin: 3.96mg, Catechin: 3.96mg, Catechin: 3.96mg Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

## Nutrients (% of daily need)

Calories: 360.06kcal (18%), Fat: 19.17g (29.49%), Saturated Fat: 7.14g (44.63%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 9.55g (3.47%), Sugar: 4.54g (5.05%), Cholesterol: 89.42mg (29.81%), Sodium: 431.13mg (18.74%), Alcohol: 5.4g (100%), Alcohol %: 2.07% (100%), Protein: 27.21g (54.42%), Zinc: 10.03mg (66.88%), Vitamin A: 3237.87IU (64.76%), Vitamin B12: 3.54µg (58.97%), Selenium: 28.08µg (40.11%), Vitamin B3: 6.7mg (33.49%), Vitamin B6: 0.66mg (32.9%), Phosphorus: 282.69mg (28.27%), Potassium: 792.24mg (22.64%), Iron: 3.84mg (21.34%), Vitamin B2: 0.25mg (14.86%), Vitamin K: 14µg (13.33%), Manganese: 0.24mg (11.9%), Vitamin E: 1.76mg (11.71%), Vitamin B1: 0.17mg (11.53%), Magnesium: 43.31mg (10.83%), Copper: 0.21mg (10.75%), Vitamin B5: 1.07mg (10.73%), Vitamin C: 8.69mg (10.54%), Fiber: 2.36g (9.45%), Folate: 26.69µg (6.67%), Calcium: 63.55mg (6.36%)