



WHATSheATE



Lentils and Beef Stew (Estofado de Lentejas con carne)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1.5 pounds beef for stew, cut into cubes
- ☐ 3.5 cups beef stock
- ☐ 1 carrots peeled sliced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 cup lentils
- ☐ 0.3 cup onion finely chopped
- ☐ 2 potatoes diced peeled
- ☐ 4 servings salt and pepper
- ☐ 0.5 teaspoon tomato paste

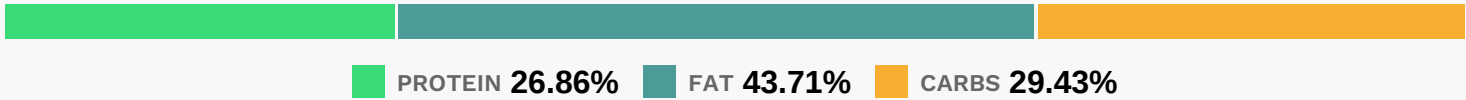
Equipment

- ☐ slow cooker

Directions

- ☐ In a slow cooker, combine all ingredients except the potatoes, cilantro, salt and black pepper.Cover and cook on high for 4 hours.
- ☐ Add the potatoes and cook for 30 more minutes.Stir in cilantro and season to taste with salt and black pepper.
- ☐ Serve over white rice.

Nutrition Facts



Properties

Glycemic Index:73.55, Glycemic Load:17.93, Inflammation Score:-10, Nutrition Score:39.991304081419%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 723.55kcal (36.18%), Fat: 34.9g (53.7%), Saturated Fat: 13.24g (82.75%), Carbohydrates: 52.86g (17.62%), Net Carbohydrates: 35.19g (12.79%), Sugar: 4.2g (4.66%), Cholesterol: 120.77mg (40.26%), Sodium: 750.48mg (32.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.26g (96.51%), Fiber: 17.67g (70.7%), Zinc: 10.15mg

(67.67%), Folate: 268.65µg (67.16%), Vitamin B6: 1.28mg (64.24%), Phosphorus: 622.18mg (62.22%), Vitamin B12: 3.64µg (60.67%), Vitamin B3: 11.6mg (58.01%), Vitamin A: 2650.83IU (53.02%), Potassium: 1836.16mg (52.46%), Iron: 8.53mg (47.4%), Selenium: 32.57µg (46.52%), Vitamin B1: 0.66mg (44.32%), Manganese: 0.88mg (43.94%), Vitamin B2: 0.59mg (34.93%), Magnesium: 130.76mg (32.69%), Vitamin C: 25.42mg (30.81%), Copper: 0.59mg (29.61%), Vitamin B5: 2.26mg (22.61%), Vitamin K: 12.95µg (12.34%), Calcium: 98.2mg (9.82%), Vitamin E: 1.13mg (7.53%), Vitamin D: 0.17µg (1.13%)