



## Mediterranean Beef Stew



Gluten Free



Dairy Free



Low Fod Map

READY IN



305 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 pound beef stew meat cut into 1/2-inch pieces
- ☐ 29 ounce tomatoes diced italian-style undrained canned
- ☐ 2 inch cinnamon or
- ☐ 0.5 teaspoon pepper
- ☐ 2 medium zucchini cut into bite-size chunks

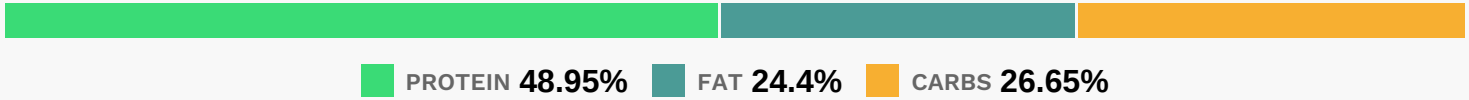
### Equipment

- ☐ slow cooker

# Directions

- ☐ Place zucchini in bottom of a 3 1/2-quart electric slow cooker.
- ☐ Add beef and remaining ingredients. Cover and cook on high setting 5 hours or until meat is tender. Or, cover and cook on high setting 1 hour; reduce to low setting, and cook 7 hours.
- ☐ Remove and discard cinnamon stick before serving.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:19.901739244876%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 172.53kcal (8.63%), Fat: 4.81g (7.41%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 8.47g (3.08%), Sugar: 7.35g (8.17%), Cholesterol: 52.73mg (17.58%), Sodium: 349.48mg (15.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.47%), Vitamin B6: 0.94mg (47.24%), Vitamin C: 36.68mg (44.46%), Vitamin B3: 7.66mg (38.31%), Selenium: 23.99µg (34.27%), Zinc: 4.15mg (27.68%), Potassium: 937.68mg (26.79%), Vitamin B12: 1.57µg (26.22%), Phosphorus: 259.86mg (25.99%), Iron: 4.17mg (23.19%), Manganese: 0.46mg (23.14%), Vitamin B2: 0.34mg (20.11%), Magnesium: 61.39mg (15.35%), Vitamin B1: 0.22mg (14.4%), Copper: 0.28mg (14.11%), Fiber: 3.36g (13.46%), Folate: 51.09µg (12.77%), Vitamin E: 1.78mg (11.9%), Vitamin K: 11.76µg (11.2%), Calcium: 101.67mg (10.17%), Vitamin A: 439.32IU (8.79%), Vitamin B5: 0.82mg (8.19%)