



Mom's Beef and Beer

 Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds beef stew meat cubed
- 12 fluid ounce beer
- 1 pinch dill weed dried
- 1 tablespoon rosemary dried crushed
- 0.5 cup flour all-purpose for coating
- 1 tablespoon parsley fresh chopped
- 1 teaspoon garlic minced
- 2 medium onions chopped

- 4 servings salt and pepper to taste
- 1 tablespoon vegetable oil
- 1.5 cups water

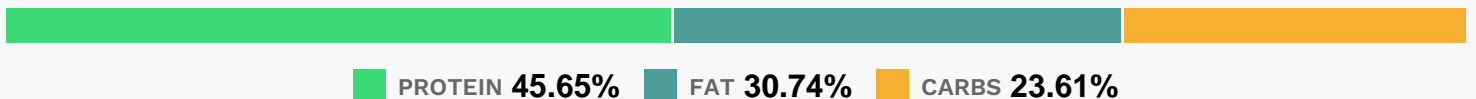
Equipment

- frying pan
- pot

Directions

- Season the beef with salt and pepper, then dredge in flour to coat.
- Heat the oil in a large pot over medium-high heat. When the oil is hot, add the meat, and cook until browned on all sides, turning as needed.
- Remove the meat from the pot, and set aside.
- Add the onion and garlic to the pot; cook and stir until clear and starting to brown. Return the meat to the pot, and pour in the beer and water making sure to loosen any bits of food from the bottom of the pan. Season with rosemary, dill and parsley.
- Bring to a boil, then simmer over low heat for 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:68.63, Glycemic Load:11.19, Inflammation Score:-7, Nutrition Score:24.129565280417%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Nutrients (% of daily need)

Calories: 388.98kcal (19.45%), Fat: 12.14g (18.68%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 19.33g (7.03%), Sugar: 2.39g (2.66%), Cholesterol: 105.46mg (35.15%), Sodium: 301mg (13.09%), Alcohol: 3.46g (100%), Alcohol %: 1.03% (100%), Protein: 40.57g (81.15%), Selenium: 53.35µg (76.22%), Vitamin B3: 12.97mg (64.83%), Vitamin B6: 1.25mg (62.38%), Vitamin B12: 3.16µg (52.74%), Zinc: 7.34mg (48.94%), Phosphorus: 414.39mg (41.44%), Iron: 4.71mg (26.15%), Vitamin K: 24.97µg (23.78%), Vitamin B2: 0.39mg (23%), Vitamin B1: 0.32mg (21.1%), Potassium: 722.63mg (20.65%), Folate: 69.56µg (17.39%), Magnesium: 58.89mg (14.72%), Manganese: 0.24mg (12.11%), Copper: 0.24mg (11.86%), Vitamin B5: 0.92mg (9.23%), Vitamin C: 6.07mg (7.35%), Calcium: 67.24mg (6.72%), Fiber: 1.65g (6.61%), Vitamin E: 0.82mg (5.45%), Vitamin A: 115.67IU (2.31%)