



WHATSHEATE



HEALTH SCORE

74%

Mom's Portuguese Beef Stew



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 bay leaves



1 pound beef stew meat cut into cubes



1 carrots chopped



1 tablespoon flour all-purpose



2 sprigs parsley fresh



8 cloves garlic minced



14.5 ounce green beans drained canned



1 bell pepper green chopped

- ☐ 1 pinch ground pepper black
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 1 pinch paprika
- ☐ 3 potatoes red cubed peeled
- ☐ 1 pinch salt
- ☐ 1 sweet potatoes and into cubed peeled
- ☐ 0.5 tomatoes fresh chopped
- ☐ 1 cup water
- ☐ 1 cup white wine

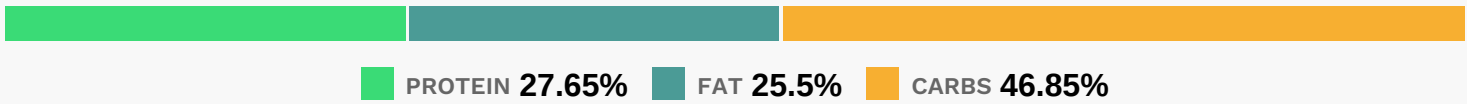
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a stockpot over medium-high heat. Dust the beef with the flour.
- ☐ Place the beef, garlic, bay leaves, and pepper in the stockpot; cook until the beef is brown; season with salt and cook until beef is tender, about 5 minutes.
- ☐ Add the onion, green pepper, carrot, and paprika; cook until the onion softens, about 5 minutes. Stir in the tomato, wine, water, and parsley. Cover, reduce heat to medium-low and simmer 30 minutes.
- ☐ Mix in the red potatoes, sweet potatoes, and green beans; continue to cook until potatoes are easily pierced through with a fork, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:70.81, Glycemic Load:7.17, Inflammation Score:-10, Nutrition Score:27.155216963395%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 336.21kcal (16.81%), Fat: 8.87g (13.65%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 30.68g (11.16%), Sugar: 7.62g (8.47%), Cholesterol: 46.87mg (15.62%), Sodium: 106.63mg (4.64%), Alcohol: 4.12g (100%), Alcohol %: 1.2% (100%), Protein: 21.64g (43.28%), Vitamin A: 7720.33IU (154.41%), Vitamin B6: 1.01mg (50.51%), Vitamin C: 39.44mg (47.8%), Vitamin K: 46.37µg (44.17%), Vitamin B3: 7.47mg (37.37%), Potassium: 1180.61mg (33.73%), Selenium: 23.25µg (33.21%), Manganese: 0.61mg (30.39%), Phosphorus: 301.52mg (30.15%), Zinc: 3.99mg (26.57%), Fiber: 5.99g (23.98%), Vitamin B12: 1.4µg (23.31%), Iron: 3.73mg (20.75%), Magnesium: 80.22mg (20.05%), Vitamin B1: 0.29mg (19.5%), Copper: 0.37mg (18.72%), Folate: 68.07µg (17.02%), Vitamin B2: 0.28mg (16.7%), Vitamin B5: 1.21mg (12.11%), Vitamin E: 1.5mg (9.99%), Calcium: 85.35mg (8.54%)