



Moroccan Beef Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 1.8 pounds beef tenderloin cut into 1-inch cubes
- ☐ 15 ounce garbanzo beans drained canned (chickpeas)
- ☐ 1 large carrots chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 0.5 cup golden raisins
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 2 teaspoons ground cumin
- ☐ 0.5 cup kalamata olives pitted halved
- ☐ 1 teaspoon lemon zest
- ☐ 3 tablespoons olive oil divided
- ☐ 1 large onion chopped
- ☐ 1 tablespoon paprika

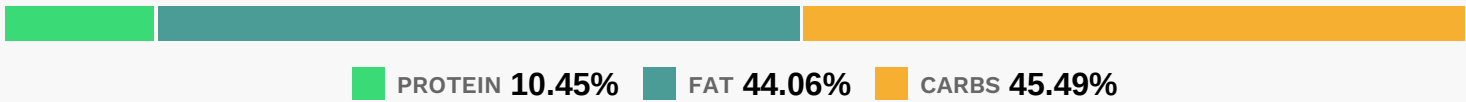
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 2 tablespoons oil in heavy large saucepan over medium-high heat.
- ☐ Sprinkle beef with salt and pepper. Working in batches, add beef to pan and brown on all sides, about 3 minutes per batch.
- ☐ Transfer to plate.
- ☐ Add remaining 1 tablespoon oil, onion, carrot, and garlic to pan. Cook until vegetables are soft, stirring frequently, about 10 minutes.
- ☐ Add spices; stir 1 minute.
- ☐ Add broth, olives, raisins, garbanzo beans, and cilantro; bring to boil. Simmer until juices thicken, about 5 minutes.
- ☐ Add beef and any accumulated juices and lemon peel to pan. Stir to warm through and serve.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:42.97, Glycemic Load:8.81, Inflammation Score:-9, Nutrition Score:11.524782675764%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 206.55kcal (10.33%), Fat: 10.71g (16.47%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 19.31g (7.02%), Sugar: 9.02g (10.03%), Cholesterol: 0mg (0%), Sodium: 683.77mg (29.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin A: 2734.87IU (54.7%), Manganese: 0.82mg (41.24%), Vitamin B6: 0.48mg (23.8%), Fiber: 5.57g (22.28%), Vitamin E: 1.94mg (12.96%), Iron: 2.18mg (12.12%), Vitamin K: 11.76µg (11.2%), Potassium: 367.26mg (10.49%), Phosphorus: 102.41mg (10.24%), Copper: 0.2mg (10.15%), Magnesium: 35.61mg (8.9%), Folate: 28.62µg (7.15%), Calcium: 68.68mg (6.87%), Vitamin B3: 1.21mg (6.03%), Vitamin C: 4.2mg (5.09%), Vitamin B2: 0.09mg (5.02%), Zinc: 0.71mg (4.76%), Vitamin B1: 0.06mg (3.88%), Selenium: 2.58µg (3.69%), Vitamin B5: 0.36mg (3.57%)