



## No-Peek Beef Stew

 Gluten Free  Dairy Free

READY IN



508 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds beef stew meat cut into 1 inch cubes
- 4.5 ounce mushrooms drained canned
- 10.8 ounce cream of mushroom soup canned
- 10.5 ounce condensed onion soup french canned
- 0.5 cup cooking wine dry red

### Equipment

- slow cooker

# Directions

Place beef stew meat, condensed French onion soup, condensed cream of mushroom soup, mushrooms and dry red wine into a slow cooker. Cover and cook on low for 8 hours.

# Nutrition Facts



**PROTEIN 57.28%**   **FAT 32.53%**   **CARBS 10.19%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:18.819565390763%

## Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 282.44kcal (14.12%), Fat: 9.37g (14.42%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 5.6g (2.03%), Sugar: 2.07g (2.3%), Cholesterol: 98.27mg (32.76%), Sodium: 791.15mg (34.4%), Alcohol: 2.1g (100%), Alcohol %: 0.91% (100%), Protein: 37.13g (74.27%), Selenium: 42.75µg (61.08%), Vitamin B3: 11.01mg (55.06%), Vitamin B6: 1.02mg (51.03%), Vitamin B12: 2.88µg (47.97%), Zinc: 7mg (46.68%), Phosphorus: 353.84mg (35.38%), Potassium: 827.29mg (23.64%), Iron: 3.64mg (20.21%), Vitamin B2: 0.28mg (16.29%), Copper: 0.3mg (14.99%), Vitamin B1: 0.17mg (11.26%), Magnesium: 43.03mg (10.76%), Manganese: 0.19mg (9.59%), Vitamin B5: 0.93mg (9.28%), Folate: 25.76µg (6.44%), Calcium: 41.04mg (4.1%), Fiber: 1.01g (4.04%), Vitamin E: 0.46mg (3.04%), Vitamin K: 1.81µg (1.73%)