

No Peek Irish Beef Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



310 min.

SERVINGS



12

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 6 carrots chopped
- 2 onion chopped
- 2 cups potatoes cubed
- 2 pounds stew meat cubed
- 3 tablespoons tapioca flour
- 1 cup sacramento tomato juice

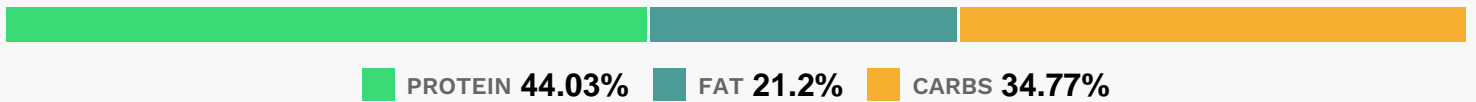
Equipment

- bowl
- oven
- roasting pan
- aluminum foil

Directions

- Preheat oven to 250 degrees F (120 degrees C).
- In a roasting pan, combine the meat, carrots, onions and potatoes. In a separate bowl, combine the sugar, tapioca flour and juice cocktail and mix well.
- Pour this mixture over the meat and vegetables and cover tightly with foil.
- Bake in the preheated oven for 5 hours.

Nutrition Facts



Properties

Glycemic Index:15.74, Glycemic Load:6.07, Inflammation Score:-10, Nutrition Score:16.54826082354%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 166.53kcal (8.33%), Fat: 3.88g (5.97%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 12.31g (4.48%), Sugar: 4.19g (4.65%), Cholesterol: 46.87mg (15.62%), Sodium: 68.52mg (2.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.29%), Vitamin A: 5187.52IU (103.75%), Vitamin B6: 0.68mg (34.19%), Selenium: 21.24µg (30.34%), Vitamin B3: 5.94mg (29.68%), Vitamin B12: 1.4µg (23.31%), Zinc: 3.38mg (22.54%), Phosphorus: 202.42mg (20.24%), Vitamin C: 13.76mg (16.68%), Potassium: 577.61mg (16.5%), Iron: 2.08mg (11.55%), Vitamin B2: 0.16mg (9.48%), Vitamin B1: 0.14mg (9.09%), Magnesium: 34mg (8.5%), Fiber: 2.02g (8.07%), Manganese: 0.15mg (7.31%), Copper: 0.15mg (7.28%), Folate: 28.77µg (7.19%), Vitamin B5: 0.59mg (5.91%), Vitamin K: 6.14µg (5.85%), Calcium: 35.7mg (3.57%), Vitamin E: 0.5mg (3.33%)