

Old Fashioned Beef Stew

 **Gluten Free**  **Dairy Free**

READY IN



380 min.

SERVINGS



8

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 2 pounds stew meat cubed
- 2 carrots sliced
- 1 clove garlic crushed
- 0.1 teaspoon ground allspice
- 0.5 teaspoon pepper black
- 1 tablespoon juice of lemon
- 1 onion diced

- 0.5 teaspoon paprika
- 6 potatoes cubed
- 1 tablespoon salt
- 1 teaspoon sugar
- 4 cups water boiling
- 0.5 cup corn whole
- 1 teaspoon worcestershire sauce

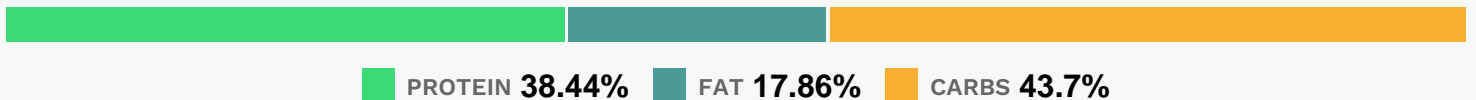
Equipment

- slow cooker

Directions

- In a slow cooker, combine the stew meat, boiling water, lemon juice, Worcestershire sauce and garlic. Stir in the onion, bay leaf, salt, sugar, ground pepper, paprika and allspice.
- Add the potatoes, carrots and corn.
- Cook on HIGH for 2 hours.
- Switch the slow cooker to LOW and cook for another 3 1/2 hours.
- Remove bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:39.96, Glycemic Load:21.6, Inflammation Score:-9, Nutrition Score:23.792608582455%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 304.72kcal (15.24%), Fat: 5.98g (9.21%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 28.67g (10.43%), Sugar: 3.19g (3.55%), Cholesterol: 70.31mg (23.44%), Sodium: 987.39mg (42.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.99g (57.97%), Vitamin B6: 1.26mg (62.91%), Vitamin A: 2615.07IU (52.3%), Vitamin B3: 9.61mg (48.05%), Selenium: 32.05µg (45.79%), Vitamin C: 34.51mg (41.83%), Zinc: 5.3mg (35.3%), Phosphorus: 349.85mg (34.98%), Vitamin B12: 2.1µg (34.96%), Potassium: 1153.51mg (32.96%), Iron: 3.78mg (20.99%), Magnesium: 70.2mg (17.55%), Fiber: 4.27g (17.1%), Vitamin B1: 0.25mg (16.89%), Manganese: 0.33mg (16.69%), Copper: 0.32mg (16.21%), Vitamin B2: 0.25mg (14.71%), Folate: 49.09µg (12.27%), Vitamin B5: 1.04mg (10.35%), Vitamin K: 6.78µg (6.46%), Calcium: 55.94mg (5.59%), Vitamin E: 0.5mg (3.34%)