



Oven Beef Stew

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

READY IN



255 min.

SERVINGS



8

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef stew meat cut into 1 inch cubes
- 2 cups carrots chopped
- 10.8 ounce cream of mushroom soup canned
- 10.5 ounce condensed onion soup french canned
- 1 cup peas green frozen
- 2 cups potatoes cubed
- 1.8 cups water

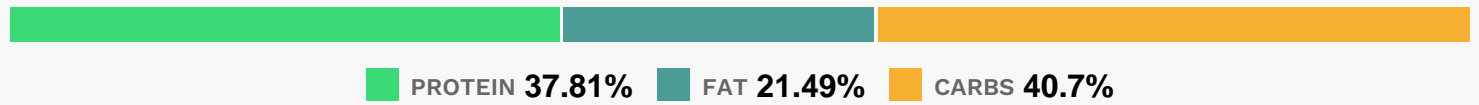
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 250 degrees F (120 degrees C).
- In a 2 to 3 quart casserole dish, combine the stew meat, potatoes, carrots, mushroom soup, French onion soup and water.
- Mix together well.
- Bake, uncovered, for 4 to 5 hours, stirring occasionally.
- Mix in the peas 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.86, Glycemic Load:8.43, Inflammation Score:-10, Nutrition Score:17.543478302334%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 184.24kcal (9.21%), Fat: 4.37g (6.72%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 15.14g (5.51%), Sugar: 4.13g (4.59%), Cholesterol: 38.55mg (12.85%), Sodium: 522.56mg (22.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.57%), Vitamin A: 5485.63IU (109.71%), Vitamin B6: 0.62mg (30.76%), Vitamin B3: 5.42mg (27.1%), Vitamin C: 19.48mg (23.61%), Selenium: 16.22µg (23.17%), Potassium: 774.2mg (22.12%), Zinc: 3.24mg (21.58%), Phosphorus: 193.65mg (19.37%), Vitamin B12: 1.11µg (18.5%), Manganese: 0.32mg (16.13%), Fiber: 3.46g (13.83%), Iron: 2.21mg (12.26%), Copper: 0.24mg (12.15%), Vitamin B1: 0.17mg (11.45%), Vitamin B2: 0.17mg (10.17%), Vitamin K: 10.4µg (9.9%), Magnesium: 38.69mg (9.67%), Folate: 36.3µg (9.07%), Vitamin B5: 0.58mg (5.81%), Calcium: 41.19mg (4.12%), Vitamin E: 0.41mg (2.73%)