



HEALTH SCORE

52%

Oven Beef Stew



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds stew beef cubed
- ☐ 0.5 cup bread crumbs soft
- ☐ 5 carrots peeled sliced
- ☐ 1 cup celery chopped
- ☐ 3 tablespoons .3 oz. of pearl tapioca instant uncooked
- ☐ 2 onions sliced
- ☐ 1 potatoes peeled chopped
- ☐ 2 teaspoons salt

☐

29 oz stewed tomatoes canned

Equipment

☐

bowl

☐

oven

☐

dutch oven

Directions

☐

Place beef, carrots, celery, onions and potato in a bowl.

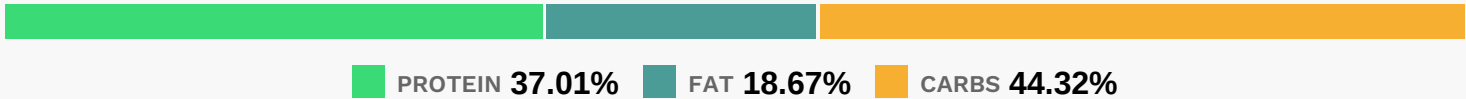
☐

Combine remaining ingredients and add to beef mixture; blend well.

☐

Place in a greased 2 1/2-quart Dutch oven. Cover and bake at 325 for 4 hours.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:6.98, Inflammation Score:-10, Nutrition Score:27.280434898708%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 315.95kcal (15.8%), Fat: 6.58g (10.12%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 30.27g (11.01%), Sugar: 9.85g (10.94%), Cholesterol: 70.31mg (23.44%), Sodium: 1259.5mg (54.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.35g (58.71%), Vitamin A: 8804.92IU (176.1%), Vitamin B3: 10.21mg (51.04%), Vitamin B6: 1.01mg (50.3%), Selenium: 34.91µg (49.87%), Zinc: 5.39mg (35.95%), Vitamin B12: 2.13µg (35.49%), Phosphorus: 338.76mg (33.88%), Potassium: 1097.55mg (31.36%), Vitamin C: 24.05mg (29.15%), Iron: 5.14mg (28.55%), Vitamin B1: 0.34mg (22.52%), Fiber: 4.87g (19.49%), Vitamin B2: 0.33mg (19.18%), Manganese: 0.37mg (18.65%), Copper: 0.37mg (18.48%), Vitamin K: 17.71µg (16.86%), Magnesium: 67.33mg (16.83%), Folate: 59.59µg (14.9%), Vitamin E: 1.88mg (12.51%), Calcium: 121.29mg (12.13%), Vitamin B5: 1.03mg (10.31%)