



100%
HEALTH SCORE

Oven Stew I

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

READY IN



45 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef stew meat cubed
- 8 carrots chopped
- 1 onion chopped
- 5 potatoes chopped
- 6 servings salt and pepper to taste
- 3 tablespoons .3 oz. of pearl tapioca
- 0.8 cup tomato sauce
- 0.3 cup water

1 teaspoon sugar white

Equipment

oven

pot

Directions

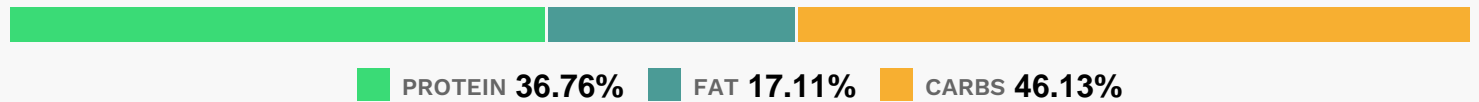
In a large stock pot combine meat, onion, carrots and potatoes.

Mix together tomato sauce, water, tapioca, sugar and season with salt and pepper.

Pour over meat and vegetables and cover.

Bake at 250 degrees F (120 degrees C) for 5 hours.

Nutrition Facts



Properties

Glycemic Index:58.39, Glycemic Load:30.91, Inflammation Score:-10, Nutrition Score:34.293043302453%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 421.32kcal (21.07%), Fat: 7.97g (12.26%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 48.35g (16.12%), Net Carbohydrates: 41.34g (15.03%), Sugar: 7.98g (8.87%), Cholesterol: 93.74mg (31.25%), Sodium: 491.85mg (21.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.52g (77.04%), Vitamin A: 13724.07IU (274.48%), Vitamin B6: 1.68mg (83.78%), Vitamin B3: 13.21mg (66.06%), Selenium: 42.83µg (61.18%), Vitamin C: 43.27mg (52.44%), Zinc: 7.11mg (47.38%), Potassium: 1641.59mg (46.9%), Phosphorus: 468.74mg (46.87%), Vitamin B12: 2.8µg (46.62%), Iron: 5.18mg (28.76%), Fiber: 7.01g (28.04%), Manganese: 0.47mg (23.64%), Vitamin B1: 0.35mg (23.49%), Magnesium: 93.5mg (23.37%), Vitamin B2: 0.37mg (21.82%), Copper: 0.42mg (21.12%), Folate: 70µg (17.5%), Vitamin K: 16.85µg (16.05%), Vitamin B5: 1.53mg (15.32%), Vitamin E: 1.45mg (9.69%), Calcium: 87.14mg (8.71%)