



Oven Stew II

 Dairy Free

READY IN



165 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes canned
- 5 carrots chopped
- 1 ounce onion soup mix dry
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground pepper black
- 10 ounce peas frozen
- 3 potatoes cubed peeled
- 1 teaspoon salt

- 2 pounds stew meat cubed
- 2 tablespoons vegetable oil
- 1.5 cups water

Equipment

- oven
- roasting pan
- wooden spoon
- ziploc bags

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place the flour in a large resealable plastic bag.
- Pour in the meat, seal the bag and shake well to coat.
- Spread the oil in the bottom of a 10x15 inch roasting pan, then arrange the meat in a single layer in the pan.
- Bake at 400 degrees F (200 degrees C) for 30 minutes.
- Remove from oven and add the tomatoes, carrots, potatoes, peas, water, onion soup mix, salt and ground black pepper. Stir with a wooden spoon, cover and return to the oven.
- Reduce oven temperature to 375 degrees F (190 degrees C) for 1 1/2 to 2 hours, or to desired tenderness.

Nutrition Facts



PROTEIN 36.51% **FAT 25.57%** **CARBS 37.92%**

Properties

Glycemic Index:53.32, Glycemic Load:21.35, Inflammation Score:-10, Nutrition Score:37.724782529085%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 447.8kcal (22.39%), Fat: 12.7g (19.54%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 42.38g (14.13%), Net Carbohydrates: 34.14g (12.41%), Sugar: 9.17g (10.19%), Cholesterol: 93.74mg (31.25%), Sodium: 989.05mg (43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.8g (81.61%), Vitamin A: 9004.27IU (180.09%), Vitamin B6: 1.58mg (79.21%), Vitamin B3: 14.04mg (70.21%), Selenium: 45.52µg (65.03%), Vitamin C: 49.34mg (59.81%), Zinc: 7.59mg (50.59%), Phosphorus: 492.25mg (49.23%), Vitamin B12: 2.8µg (46.62%), Potassium: 1483.47mg (42.38%), Iron: 6mg (33.31%), Fiber: 8.23g (32.94%), Vitamin K: 34.45µg (32.81%), Manganese: 0.65mg (32.72%), Vitamin B1: 0.49mg (32.71%), Copper: 0.53mg (26.48%), Vitamin B2: 0.44mg (26.02%), Magnesium: 100.9mg (25.23%), Folate: 95.52µg (23.88%), Vitamin B5: 1.42mg (14.17%), Vitamin E: 2.1mg (13.99%), Calcium: 103.31mg (10.33%)