



Provençal Beef Stew

 Dairy Free

READY IN



511 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 0.5 teaspoon pepper black divided freshly ground
- 14.5 ounce canned tomatoes diced drained canned
- 2 cups carrots (1-inch)
- 1.5 pounds beef chuck boneless trimmed cut into 1-inch cubes
- 0.3 cup wine dry red
- 2 tablespoons flour all-purpose
- 8 garlic clove crushed

- 1 teaspoon kosher salt divided
- 1 cup beef broth fat-free
- 2 teaspoons olive oil
- 2 medium onion cut into 8 wedges
- 3 thyme sprigs fresh
- 2 tablespoons tomato paste
- 3 cups zucchini (1-inch)

Equipment

- frying pan
- slow cooker

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Sprinkle beef with 1/2 teaspoon salt and 1/4 teaspoon pepper; dredge in flour.
- Add beef to pan; saut 2 minutes, browning on all sides.
- Place beef in an electric slow cooker.
- Add onions and garlic to pan; saut 5 minutes.
- Add wine to pan, scraping pan to loosen browned bits.
- Place onion mixture in cooker.
- Add broth, tomato paste, bay leaves, thyme, and tomatoes to cooker; top with zucchini and carrots. Cover and cook on LOW 8 hours or until beef is tender. Stir in remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Discard bay leaves and thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:58.97, Glycemic Load:5.86, Inflammation Score:-10, Nutrition Score:26.369130455929%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 311.84kcal (15.59%), Fat: 14.97g (23.03%), Saturated Fat: 6.03g (37.68%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 14.97g (5.44%), Sugar: 8.84g (9.82%), Cholesterol: 78.24mg (26.08%), Sodium: 722.05mg (31.39%), Alcohol: 1.05g (100%), Alcohol %: 0.34% (100%), Protein: 25.89g (51.78%), Vitamin A: 7524.12IU (150.48%), Zinc: 9.19mg (61.25%), Vitamin B12: 3.1µg (51.6%), Vitamin B6: 0.81mg (40.32%), Selenium: 25.83µg (36.9%), Vitamin B3: 6.83mg (34.17%), Vitamin C: 25.87mg (31.36%), Potassium: 1087.52mg (31.07%), Phosphorus: 299.47mg (29.95%), Manganese: 0.49mg (24.49%), Iron: 4.16mg (23.12%), Vitamin B2: 0.32mg (18.87%), Fiber: 4.24g (16.94%), Vitamin B1: 0.23mg (15.36%), Copper: 0.3mg (15.07%), Magnesium: 60.14mg (15.03%), Vitamin K: 15.54µg (14.8%), Vitamin E: 1.86mg (12.42%), Vitamin B5: 1.22mg (12.22%), Folate: 47.94µg (11.99%), Calcium: 87.97mg (8.8%)