



Quick Beef Stew in Bread Bowls

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 17 oz beef refrigerated with gravy
- ☐ 0.5 cup gravy (from 12-oz jar)
- ☐ 11 oz bread refrigerated french canned
- ☐ 9 oz pearl onions sweet frozen
- ☐ 9 oz potatoes frozen with garlic & herbs
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

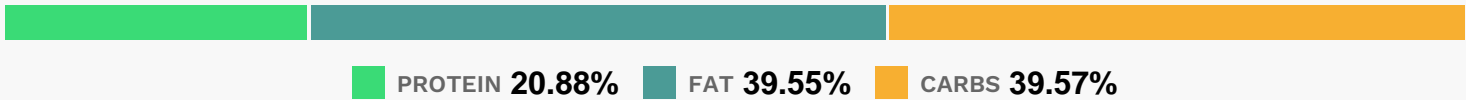
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Heat oven to 350F. Spray cookie sheet with cooking spray.
- ☐ Remove dough from can; do not unroll.
- ☐ Cut dough into 4 equal pieces. Shape each into ball, placing seam at bottom so dough is smooth on top.
- ☐ Place dough balls, seam side down, on cookie sheet.
- ☐ Bake 18 to 20 minutes or until deep golden brown.
- ☐ Remove from cookie sheet; place on wire rack. Cool 10 minutes.
- ☐ Meanwhile, heat beef tips with gravy, and cook potatoes and peas with onions in microwave as directed on package and boxes. In 2-quart microwavable bowl, mix beef with gravy and vegetables. Stir in remaining ingredients. Microwave on High 1 to 2 minutes or until thoroughly heated.
- ☐ Cut top off each bread loaf. Lightly press center of bread down to form bowls.
- ☐ Place each bread bowl in individual shallow soup plate. Spoon about 1 cup stew into each.
- ☐ Place top of each bread bowl next to filled bowl.

Nutrition Facts



Properties

Glycemic Index:47.81, Glycemic Load:40.66, Inflammation Score:-6, Nutrition Score:24.278695684088%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin:

3.2mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg

Nutrients (% of daily need)

Calories: 608.38kcal (30.42%), Fat: 26.6g (40.93%), Saturated Fat: 9.95g (62.19%), Carbohydrates: 59.88g (19.96%), Net Carbohydrates: 55.67g (20.25%), Sugar: 7.73g (8.59%), Cholesterol: 87.9mg (29.3%), Sodium: 747.78mg (32.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.6g (63.19%), Selenium: 40.9µg (58.43%), Vitamin B3: 9.63mg (48.13%), Vitamin B1: 0.69mg (45.91%), Vitamin B12: 2.58µg (42.97%), Zinc: 6.15mg (41%), Vitamin B6: 0.74mg (36.87%), Iron: 6.24mg (34.68%), Phosphorus: 329.63mg (32.96%), Vitamin B2: 0.55mg (32.61%), Folate: 126.99µg (31.75%), Manganese: 0.6mg (30.02%), Potassium: 812.19mg (23.21%), Vitamin C: 17.84mg (21.62%), Magnesium: 67.23mg (16.81%), Fiber: 4.2g (16.81%), Copper: 0.3mg (14.87%), Vitamin B5: 1.13mg (11.32%), Calcium: 89.69mg (8.97%), Vitamin E: 0.68mg (4.53%), Vitamin K: 4.22µg (4.02%)