



Root Stew

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

285 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.5 cup baby carrots
- ☐ 1 small head cabbage finely chopped
- ☐ 4 stalks celery chopped
- ☐ 0.8 cup catsup
- ☐ 1 pound ground beef lean
- ☐ 1 onion chopped
- ☐ 4 large potatoes chopped
- ☐ 1 small rutabaga chopped

☐ 7 cups water

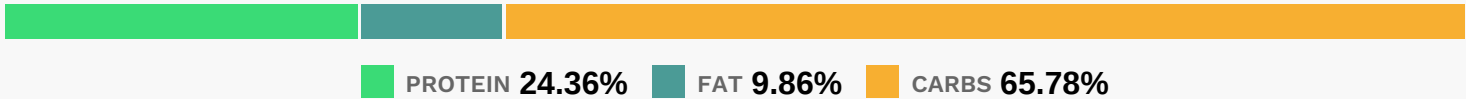
Equipment

☐ pot

Directions

- ☐ Combine hamburger, onion, and celery in a stock pot. Cook and stir over medium heat until the meat is browned.
- ☐ Drain excess grease.
- ☐ Stir in ketchup, water, baby carrots, rutabaga and potatoes. Bring to boil, then simmer on low heat for 20 minutes.
- ☐ Mix in chopped cabbage. Simmer an additional 30 to 45 minutes, or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:32.34, Glycemic Load:26.35, Inflammation Score:-9, Nutrition Score:26.088695894117%

Flavonoids

Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 284.76kcal (14.24%), Fat: 3.21g (4.94%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 40.48g (14.72%), Sugar: 11.39g (12.66%), Cholesterol: 35.15mg (11.72%), Sodium: 304.65mg (13.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.84g (35.68%), Vitamin C: 77.78mg (94.28%), Vitamin K: 78.92µg (75.16%), Vitamin B6: 0.98mg (48.82%), Potassium: 1352.11mg (38.63%), Fiber: 7.7g (30.78%), Vitamin B3: 5.88mg (29.41%), Vitamin A: 1400.33IU (28.01%), Phosphorus: 270.23mg (27.02%), Manganese: 0.53mg (26.74%), Zinc: 3.76mg (25.07%), Folate: 89.77µg (22.44%), Vitamin B12: 1.27µg (21.17%), Magnesium: 79.79mg (19.95%), Iron: 3.53mg (19.62%), Vitamin B1: 0.26mg (17.49%), Copper: 0.34mg (17.01%), Selenium: 11.23µg (16.05%), Vitamin B2:

0.25mg (14.76%), Vitamin B5: 1.25mg (12.47%), Calcium: 96.57mg (9.66%), Vitamin E: 0.77mg (5.12%)