

Sauerbraten Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 42.8 ounce no-salt-added beef broth canned
- ☐ 1 pound beef round steak boneless lean cut into 1/2-inch pieces
- ☐ 1 tablespoon firmly brown sugar packed
- ☐ 1 cup cabbage thinly sliced
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 cup extra wide egg noodles uncooked
- ☐ 0.3 cup flour all-purpose

- ☐ 4 gingersnaps crushed
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup onion thinly sliced
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup raisins
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt

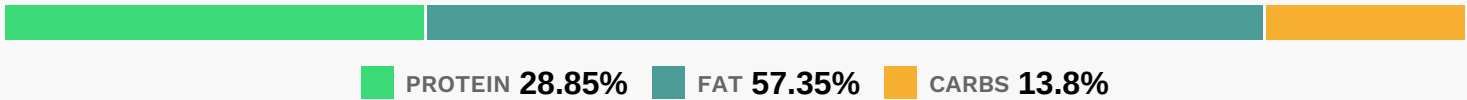
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Combine first 4 ingredients. Dredge meat in flour mixture. Coat a Dutch oven with cooking spray.
- ☐ Place over medium-high heat until hot; add meat, and cook 5 minutes or until browned, stirring often. Stir in onion and next 7 ingredients. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until meat is tender, stirring occasionally. Stir in noodles and raisins. Cook 10 minutes or until noodles are tender; remove and discard bay leaf. To serve, ladle soup into individual bowls, and sprinkle with crushed cookies.

Nutrition Facts



Properties

Glycemic Index:70.2, Glycemic Load:12.08, Inflammation Score:-7, Nutrition Score:40.509999790917%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 994.41kcal (49.72%), Fat: 62.6g (96.3%), Saturated Fat: 21.82g (136.37%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 31.3g (11.38%), Sugar: 6.79g (7.54%), Cholesterol: 240.76mg (80.26%), Sodium: 4087.81mg (177.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.86g (141.73%), Selenium: 96.75µg (138.22%), Vitamin B12: 7.3µg (121.72%), Vitamin C: 91.77mg (111.23%), Zinc: 14.88mg (99.21%), Vitamin B3: 17.76mg (88.81%), Vitamin B6: 1.45mg (72.71%), Phosphorus: 582.23mg (58.22%), Vitamin B2: 0.85mg (50.03%), Iron: 8.68mg (48.2%), Potassium: 1442.2mg (41.21%), Manganese: 0.62mg (30.79%), Copper: 0.54mg (26.93%), Vitamin B1: 0.36mg (24.22%), Magnesium: 88.83mg (22.21%), Vitamin B5: 1.98mg (19.76%), Vitamin K: 16.01µg (15.25%), Folate: 57.68µg (14.42%), Fiber: 2.59g (10.36%), Calcium: 64.39mg (6.44%), Vitamin E: 0.17mg (1.12%)