



Savory Beef Stew

 Dairy Free  Very Healthy

READY IN



225 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb stew meat
- ☐ 1 medium onion cut into 8 wedges
- ☐ 14.5 oz canned tomatoes undrained canned
- ☐ 1.5 teaspoons lawry's seasoned salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 bay leaves dried
- ☐ 2 cups water
- ☐ 2 tablespoons flour all-purpose

- ☐ 1.5 lb potatoes – remove skin red cut in half
- ☐ 8 oz baby carrots (30)

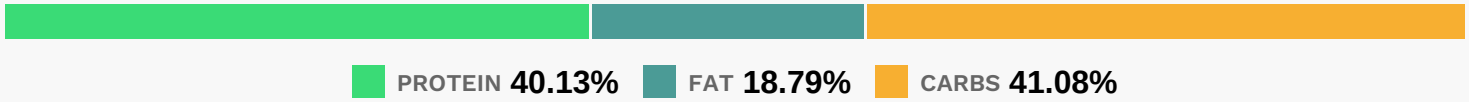
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oven to 325°F. In ovenproof 4–quart Dutch oven, mix beef, onion, tomatoes, seasoned salt, pepper and bay leaf. In small bowl, mix water and flour; stir into beef mixture.
- ☐ Cover; bake 2 hours, stirring once.
- ☐ Stir in potatoes and carrots. Cover; bake 1 hour to 1 hour 30 minutes longer or until beef and vegetables are tender.
- ☐ Remove bay leaf.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:3.18, Inflammation Score:-10, Nutrition Score:26.734347737354%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 290.19kcal (14.51%), Fat: 6.07g (9.34%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 25.13g (9.14%), Sugar: 7.06g (7.85%), Cholesterol: 70.31mg (23.44%), Sodium: 789.97mg (34.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.37%), Vitamin A: 5370.08IU (107.4%), Vitamin B6: 1.1mg (54.98%), Vitamin B3: 10.18mg (50.92%), Selenium: 33.68µg (48.11%), Zinc: 5.4mg (36.01%), Phosphorus: 353.79mg (35.38%), Potassium: 1224.84mg (35%), Vitamin B12: 2.1µg (34.96%), Iron: 4.57mg (25.41%), Copper: 0.45mg (22.62%), Vitamin C: 18.4mg (22.31%), Manganese: 0.42mg (21.15%), Vitamin B1: 0.29mg (19.22%), Fiber:

4.75g (19.01%), Magnesium: 73.14mg (18.28%), Vitamin B2: 0.28mg (16.68%), Folate: 62.38µg (15.6%), Vitamin B5: 1.19mg (11.89%), Vitamin K: 12.19µg (11.61%), Vitamin E: 1.21mg (8.1%), Calcium: 76.47mg (7.65%)