



 **100%**  
HEALTH SCORE

## Savory Italian Beef Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**615 min.**

SERVINGS



**6**

CALORIES



**300 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce baby carrots
- 2 pounds beef stew meat cut into 1-inch cubes
- 14.5 ounce canned tomatoes diced italian with herbs, hunt's canned
- 1.6 ounce garlic herb sauce mix
- 0.5 cup beef broth reduced-sodium
- 14 ounce pearl onions frozen
- 0.5 ounce pesto sauce mix

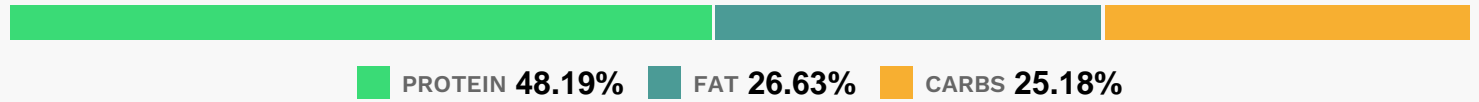
### Equipment

- bowl
- whisk
- slow cooker

## Directions

- In a 4-quart slow cooker, combine stew meat, onions, undrained tomatoes, carrots and garlic herb sauce mix. In a small bowl, whisk together the broth and pesto sauce mix.
- Pour over all in slow cooker.
- Cover and cook on low heat setting for 8 to 10 hours.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:32.46130404265%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.77mg, Quercetin: 13.77mg, Quercetin: 13.77mg, Quercetin: 13.77mg

## Nutrients (% of daily need)

Calories: 300.05kcal (15%), Fat: 8.93g (13.73%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 12.29g (4.47%), Sugar: 7.52g (8.35%), Cholesterol: 93.93mg (31.31%), Sodium: 290.16mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.35g (72.7%), Vitamin A: 8076.5IU (161.53%), Vitamin B6: 1.28mg (64.06%), Selenium: 43.13µg (61.62%), Vitamin B3: 11.45mg (57.23%), Vitamin K: 56.4µg (53.71%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.8mg (45.32%), Iron: 7.22mg (40.1%), Phosphorus: 384.34mg (38.43%), Manganese: 0.62mg (31.11%), Potassium: 1010.59mg (28.87%), Fiber: 6.7g (26.82%), Vitamin B2: 0.36mg (21.05%), Calcium: 207.86mg (20.79%), Magnesium: 76.52mg (19.13%), Folate: 70.93µg (17.73%), Copper: 0.33mg (16.29%), Vitamin C: 12.91mg (15.65%), Vitamin B1: 0.23mg (15.48%), Vitamin E: 2.31mg (15.42%), Vitamin B5: 1.12mg (11.18%)