



Skillet Beef and Vegetable Stew



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups beef broth flavored (from 32-oz carton)
- ☐ 1 lb beef top sirloin steaks boneless lean
- ☐ 1 lb stew meat frozen thawed
- ☐ 15 oz tomato sauce with garlic and herbs canned
- ☐ 11 oz vegetable juice canned

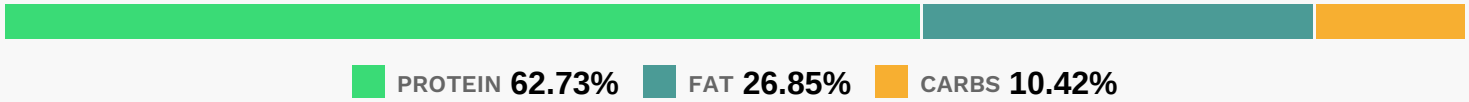
Equipment

- ☐ frying pan

Directions

- ☐ Remove fat from beef.
- ☐ Cut beef into 1/2-inch cubes.
- ☐ Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook beef in skillet about 10 minutes, stirring occasionally, until no longer pink.
- ☐ Stir in remaining ingredients.
- ☐ Heat to boiling; reduce heat. Cover and simmer 5 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:1.96, Inflammation Score:-6, Nutrition Score:20.287391258323%

Nutrients (% of daily need)

Calories: 234.67kcal (11.73%), Fat: 6.79g (10.45%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 4.45g (1.62%), Sugar: 4.23g (4.7%), Cholesterol: 91.47mg (30.49%), Sodium: 770.93mg (33.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.71g (71.42%), Selenium: 45.14µg (64.49%), Vitamin B3: 11.25mg (56.24%), Vitamin B6: 1.04mg (52.24%), Zinc: 6.32mg (42.17%), Vitamin B12: 2.16µg (35.97%), Phosphorus: 350.29mg (35.03%), Potassium: 876.28mg (25.04%), Vitamin C: 20.35mg (24.66%), Iron: 3.73mg (20.72%), Vitamin B2: 0.27mg (16.03%), Vitamin A: 734.63IU (14.69%), Magnesium: 47.56mg (11.89%), Copper: 0.21mg (10.69%), Vitamin B5: 1.06mg (10.57%), Vitamin E: 1.46mg (9.73%), Vitamin B1: 0.15mg (9.69%), Folate: 27.43µg (6.86%), Fiber: 1.48g (5.92%), Calcium: 53.43mg (5.34%), Manganese: 0.1mg (5.09%), Vitamin K: 3.72µg (3.55%)