



 **67%**
HEALTH SCORE

Skillet Beef and Vegetable Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



25 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

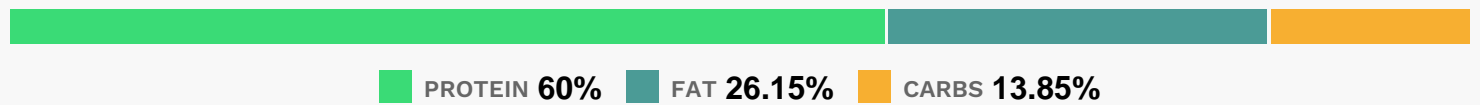
Equipment

- 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:15, Glycemic Load:2.92, Inflammation Score:-7, Nutrition Score:25.859130486198%

Nutrients (% of daily need)

Calories: 244.55kcal (12.23%), Fat: 7.02g (10.8%), Saturated Fat: 2.4g (15%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 6.53g (2.37%), Sugar: 5.28g (5.86%), Cholesterol: 91.47mg (30.49%), Sodium: 685.69mg (29.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.25g (72.51%), Vitamin C: 79.65mg (96.54%), Vitamin B6: 1.31mg (65.39%), Selenium: 45.4µg (64.86%), Vitamin B3: 11.89mg (59.47%), Zinc: 6.46mg (43.07%), Phosphorus: 372.64mg (37.26%), Vitamin B12: 2.16µg (35.97%), Potassium: 943.33mg (26.95%), Iron: 4.11mg (22.83%), Vitamin B2: 0.32mg (18.66%), Vitamin A: 801.68IU (16.03%), Magnesium: 59.52mg (14.88%), Copper: 0.28mg (14.04%), Vitamin B1: 0.18mg (12.19%), Vitamin E: 1.82mg (12.12%), Vitamin B5: 1.16mg (11.61%), Vitamin K: 11µg (10.48%), Manganese: 0.2mg (9.95%), Folate: 39.39µg (9.85%), Fiber: 1.84g (7.37%), Calcium: 52.39mg (5.24%)