



## Skillet Ground Beef Stew

READY IN



30 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 2 tablespoons flour all-purpose
- 8 oz mushrooms fresh sliced ( 3 cups)
- 1.5 cups beef broth (from 32-oz carton)
- 0.3 cup cup heavy whipping cream
- 4 teaspoons dijon mustard
- 1 lb potatoes - remove skin red unpeeled cut into 1/2-inch cubes (3 medium)

- 1 cup carrots thinly sliced
- 2 tablespoons parsley fresh chopped

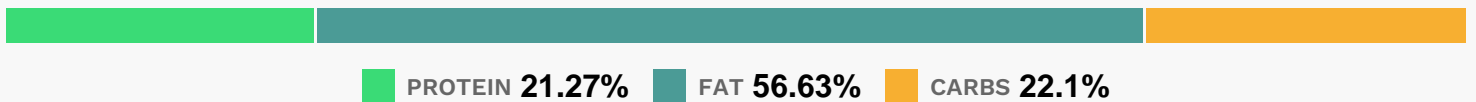
## Equipment

- bowl
- frying pan
- whisk

## Directions

- In 12-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in salt, pepper and flour.
- Add mushrooms; cook 3 minutes, stirring occasionally.
- In small bowl, mix broth, whipping cream and mustard with wire whisk.
- Add to beef mixture. Stir in potatoes and carrots.
- Reduce heat to medium-low. Cover; cook 15 minutes until vegetables are tender and sauce is slightly thickened.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:62.46, Glycemic Load:3.56, Inflammation Score:-10, Nutrition Score:26.893478580143%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 484.78kcal (24.24%), Fat: 30.7g (47.22%), Saturated Fat: 13.46g (84.15%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 23.12g (8.41%), Sugar: 4.78g (5.31%), Cholesterol: 102.92mg (34.31%), Sodium: 808.39mg

(35.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.94g (51.88%), Vitamin A: 5818.81IU (116.38%), Vitamin B3: 9.45mg (47.25%), Vitamin B12: 2.54µg (42.4%), Vitamin K: 43.48µg (41.41%), Selenium: 27.09µg (38.7%), Zinc: 5.62mg (37.45%), Vitamin B6: 0.69mg (34.29%), Phosphorus: 342.51mg (34.25%), Potassium: 1198.26mg (34.24%), Vitamin B2: 0.53mg (31.17%), Iron: 3.98mg (22.14%), Copper: 0.43mg (21.68%), Vitamin B5: 1.93mg (19.33%), Vitamin C: 15.63mg (18.95%), Vitamin B1: 0.25mg (16.95%), Manganese: 0.34mg (16.75%), Fiber: 3.84g (15.35%), Magnesium: 61.02mg (15.25%), Folate: 56.96µg (14.24%), Calcium: 70.26mg (7.03%), Vitamin E: 0.91mg (6.09%), Vitamin D: 0.54µg (3.63%)