



Slow-Cooker Beef and Barley Stew

 Dairy Free  Very Healthy

READY IN



735 min.

SERVINGS



5

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb round steak boneless trimmed of fat cut into 3/4-inch pieces (1/)
- ☐ 2 cups green beans frozen
- ☐ 1 cup carrots shredded (1 to 2 medium)
- ☐ 0.5 cup quick-cooking barley uncooked
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 12 oz gravy
- ☐ 2.5 cups water
- ☐ 2 teaspoons beef bouillon from cube instant

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon pepper

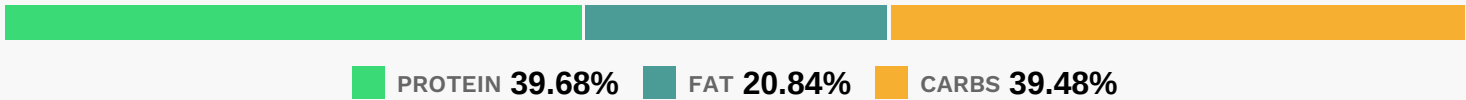
Equipment

- ☐ slow cooker

Directions

- ☐ In 3 1/2 or 4-quart slow cooker, combine all ingredients; mix well.
- ☐ Cover; cook on Low setting for 10 to 12 hours.

Nutrition Facts



Properties

Glycemic Index:40.37, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:22.697826154854%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 256.32kcal (12.82%), Fat: 5.97g (9.19%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 20.13g (7.32%), Sugar: 4.46g (4.96%), Cholesterol: 62.6mg (20.87%), Sodium: 399.99mg (17.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.59g (51.18%), Vitamin A: 4594.78IU (91.9%), Selenium: 36.17µg (51.67%), Vitamin B3: 8.7mg (43.49%), Vitamin B6: 0.78mg (39.06%), Zinc: 4.63mg (30.89%), Phosphorus: 293.84mg (29.38%), Vitamin B12: 1.73µg (28.77%), Vitamin K: 23.99µg (22.85%), Manganese: 0.44mg (21.86%), Fiber: 5.33g (21.33%), Vitamin B2: 0.34mg (19.73%), Potassium: 634.84mg (18.14%), Iron: 3.13mg (17.38%), Copper: 0.32mg (16%), Magnesium: 56.56mg (14.14%), Vitamin B1: 0.2mg (13.22%), Vitamin B5: 1.22mg (12.22%), Folate: 40.26µg (10.07%), Vitamin C: 7.73mg (9.38%), Calcium: 54.36mg (5.44%), Vitamin E: 0.63mg (4.19%)