



Slow Cooker Beef Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds stew meat
- ☐ 2.5 cups carrots ()
- ☐ 3 cups celery chopped
- ☐ 1 tablespoon garlic powder
- ☐ 16 ounce mushrooms
- ☐ 4 cups onion chopped
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar

- ☐ 2 tablespoons .3 oz. of pearl tapioca uncooked
- ☐ 16.5 ounce canned tomatoes canned

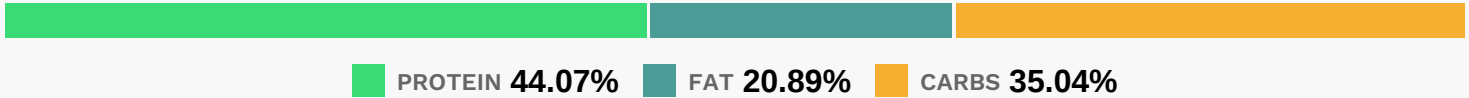
Equipment

- ☐ blender
- ☐ slow cooker

Directions

- ☐ Place tapioca, sugar, garlic powder, salt, and tomato juice in a blender, and process until smooth.
- ☐ Combine the onion, celery, carrots, mushrooms, and beef in an electric slow cooker, and add juice mixture. Cover and cook on high for 5 hours or until beef is tender.

Nutrition Facts



Properties

Glycemic Index:54.77, Glycemic Load:10.54, Inflammation Score:-10, Nutrition Score:35.848260703294%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 21.96mg, Quercetin: 21.96mg, Quercetin: 21.96mg, Quercetin: 21.96mg

Nutrients (% of daily need)

Calories: 351.89kcal (17.59%), Fat: 8.31g (12.79%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 24.87g (9.04%), Sugar: 14.82g (16.47%), Cholesterol: 93.74mg (31.25%), Sodium: 661.27mg (28.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.46g (78.91%), Vitamin A: 9306.36IU (186.13%), Vitamin B3: 14.72mg (73.59%), Vitamin B6: 1.44mg (72.21%), Selenium: 50.53µg (72.19%), Zinc: 7.31mg (48.76%), Phosphorus: 482.57mg (48.26%), Vitamin B12: 2.83µg (47.12%), Potassium: 1458.6mg (41.67%), Vitamin B2: 0.68mg (39.83%), Copper: 0.62mg (31.15%), Iron: 5.14mg (28.54%), Vitamin K: 28.21µg (26.87%), Fiber: 6.51g (26.04%), Vitamin C: 21.38mg (25.92%), Vitamin B5: 2.42mg (24.24%), Manganese: 0.48mg (24.2%), Vitamin B1: 0.36mg (24.08%), Folate: 92.02µg (23%), Magnesium: 82.38mg (20.6%), Vitamin E: 1.95mg (13.03%), Calcium: 121.98mg

(12.2%), Vitamin D: 0.15µg (1.01%)