



HEALTH SCORE

64%

Slow Cooker Beef Stew by McCormick®



Dairy Free



Very Healthy

READY IN



310 min.

SERVINGS



8

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.3 cups cut-up carrots fresh



2 pounds beef stew meat cut into 1-inch pieces



1.3 cups cut-up celery fresh



0.3 cup flour



1.3 cups onions sliced



1.3 cups cut-up potatoes fresh



1 package beef stew seasoning mix mccormick®



3 cups water

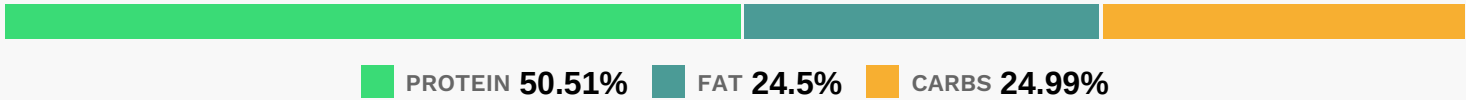
Equipment

☐ slow cooker

Directions

- ☐ Mix vegetables, water and Seasoning
- ☐ Mix in slow cooker.
- ☐ Coat beef with flour. Stir into ingredients in slow cooker. Cover.
- ☐ Cook 8 hours on LOW or 5 hours on HIGH until beef is tender.

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:6.94, Inflammation Score:-9, Nutrition Score:18.881739232851%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

Nutrients (% of daily need)

Calories: 217.78kcal (10.89%), Fat: 5.78g (8.89%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.11g (4.04%), Sugar: 2.5g (2.77%), Cholesterol: 70.31mg (23.44%), Sodium: 99.24mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.57%), Vitamin A: 2832.14IU (56.64%), Selenium: 33.21µg (47.44%), Vitamin B6: 0.9mg (45.15%), Vitamin B3: 8.44mg (42.18%), Vitamin B12: 2.1µg (34.96%), Zinc: 4.95mg (32.99%), Phosphorus: 283.55mg (28.36%), Potassium: 655.51mg (18.73%), Iron: 3.08mg (17.12%), Vitamin B2: 0.23mg (13.81%), Vitamin B1: 0.18mg (12.23%), Vitamin C: 9.33mg (11.3%), Folate: 43.27µg (10.82%), Magnesium: 43.08mg (10.77%), Copper: 0.2mg (10.12%), Vitamin K: 9.38µg (8.93%), Manganese: 0.18mg (8.88%), Fiber: 2.14g (8.55%), Vitamin B5: 0.76mg (7.6%), Calcium: 49.19mg (4.92%), Vitamin E: 0.42mg (2.78%)