



 **62%**  
HEALTH SCORE

## Slow Cooker Beef Stew by Spice Islands®

 Dairy Free  Very Healthy

READY IN



365 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf whole
- 1 pound beef stew meat cut into 1 inch cubes
- 14 ounce canned tomatoes diced undrained canned
- 2 tablespoons flour
- 1 teaspoon garlic powder spice islands®
- 0.5 teaspoon grind pepper black fine spice islands®
- 0.3 cup red wine
- 0.5 teaspoon rosemary spice islands®

- 1 teaspoon salt
- 16 ounce stew vegetables frozen
- 1 tablespoon sugar

## Equipment

- bowl
- slow cooker

## Directions

- Mix flour, sugar, garlic powder, salt, rosemary and pepper in a small bowl.
- Place frozen vegetables in bottom of slow cooker.
- Sprinkle with flour/spice mixture.
- Add stew meat, wine, bay leaf and tomatoes.
- Place lid on slow cooker and cook on HIGH for 4 to 6 hours or on LOW for 8 to 10 hours.
- Remove bay leaf before serving.

## Nutrition Facts



## Properties

Glycemic Index:76.27, Glycemic Load:6.31, Inflammation Score:-6, Nutrition Score:30.22130485203%

## Flavonoids

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0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 390.45kcal (19.52%), Fat: 11.59g (17.83%), Saturated Fat: 3.91g (24.41%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 12.08g (4.39%), Sugar: 7.48g (8.31%), Cholesterol: 140.61mg (46.87%), Sodium: 840.57mg (36.55%), Alcohol: 1.59g (100%), Alcohol %: 0.58% (100%), Protein: 52.57g (105.14%), Selenium: 64.93µg (92.76%), Vitamin B3: 16.8mg (84.01%), Vitamin B6: 1.65mg (82.69%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.78mg (65.19%), Phosphorus: 530.4mg (53.04%), Iron: 6.29mg (34.96%), Potassium: 1099.86mg (31.42%), Vitamin B2: 0.44mg (25.88%), Vitamin B1: 0.32mg (21.27%), Copper: 0.42mg (20.95%), Magnesium: 77.98mg (19.49%), Manganese: 0.3mg (15.09%), Vitamin B5: 1.29mg (12.95%), Vitamin E: 1.93mg (12.87%), Folate: 49.87µg (12.47%), Vitamin C: 9.16mg (11.1%), Fiber: 2.13g (8.52%), Calcium: 81.05mg (8.1%), Vitamin K: 8.46µg (8.06%), Vitamin A: 216.93IU (4.34%)