



## Slow Cooker Beef Stew I

 Dairy Free  Very Healthy  Popular

READY IN



740 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 1.5 cups beef broth
- 2 pounds beef stew meat cut into 1 inch cubes
- 4 carrots sliced
- 1 stalk celery chopped
- 0.3 cup flour all-purpose
- 1 clove garlic minced
- 0.5 teaspoon ground pepper black

- 1 onion chopped
- 1 teaspoon paprika
- 3 potatoes diced
- 0.5 teaspoon salt
- 1 teaspoon worcestershire sauce

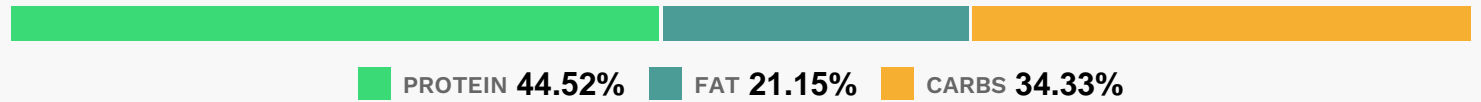
## Equipment

- bowl
- slow cooker

## Directions

- Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.
- Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:56.93, Glycemic Load:18.27, Inflammation Score:-10, Nutrition Score:29.673478105794%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

## Nutrients (% of daily need)

Calories: 344.71kcal (17.24%), Fat: 7.96g (12.24%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 24.85g (9.04%), Sugar: 3.78g (4.2%), Cholesterol: 93.74mg (31.25%), Sodium: 555.63mg (24.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.69g (75.39%), Vitamin A: 6993.16IU (139.86%), Vitamin B6: 1.41mg (70.35%), Selenium: 44.65µg (63.79%), Vitamin B3: 12.6mg (63.02%), Vitamin B12: 2.84µg (47.32%), Zinc:

6.8mg (45.32%), Phosphorus: 423.05mg (42.3%), Potassium: 1196.1mg (34.17%), Vitamin C: 25.24mg (30.59%), Iron: 4.62mg (25.67%), Vitamin B2: 0.35mg (20.76%), Vitamin B1: 0.31mg (20.5%), Magnesium: 71.73mg (17.93%), Manganese: 0.35mg (17.55%), Fiber: 4.21g (16.86%), Folate: 61.35µg (15.34%), Copper: 0.31mg (15.34%), Vitamin B5: 1.17mg (11.73%), Vitamin K: 11.81µg (11.24%), Calcium: 69.93mg (6.99%), Vitamin E: 0.86mg (5.72%)