



Slow Cooker Beef Stew IV

READY IN



435 min.

SERVINGS



12

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots
- 3 pounds stew meat cubed
- 3 tablespoons butter
- 1 tablespoon parsley dried
- 1 ounce onion soup mix dry
- 2 tablespoons flour all-purpose
- 1 teaspoon pepper black
- 3 tablespoons olive oil
- 3 onion sliced

- 4 large potatoes cubed
- 0.3 cup red wine
- 0.5 teaspoon salt to taste
- 0.3 cup water
- 2 cups water boiling

Equipment

- bowl
- frying pan
- ziploc bags
- slow cooker

Directions

- Place meat in a large plastic bag.
- Combine 1/4 cup flour with 1/2 teaspoon salt; pour into the bag with the meat, and shake to coat.
- Heat olive oil in a large skillet over medium-high heat.
- Add stew meat, and cook until evenly browned on the outside.
- Transfer to a slow cooker along with the carrots, potatoes, parsley, and pepper. In a small bowl, stir together 2 cups of boiling water and dry soup mix; pour into the slow cooker.
- In the same skillet, melt butter and saute onions until softened; remove to the slow cooker.
- Pour red wine into the skillet, and stir to loosen browned bits of food on the bottom.
- Remove from heat, and pour into the slow cooker.
- Cover, and cook on High for 30 minutes. Reduce heat to Low, and cook for 6 hours, or until meat is fork tender. In a small bowl or cup, mix together 2 tablespoons flour with 1/4 cup warm water. Stir into stew, and cook uncovered for 15 minutes, or until thickened.

Nutrition Facts



Properties

Glycemic Index:23.56, Glycemic Load:17.03, Inflammation Score:-8, Nutrition Score:21.779130313707%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.69mg, Malvidin: 0.69mg, Malvidin: 0.69mg, Malvidin: 0.69mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 7.52mg, Apigenin: 7.52mg, Apigenin: 7.52mg, Apigenin: 7.52mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 340.86kcal (17.04%), Fat: 12.15g (18.69%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 23.99g (8.72%), Sugar: 2.79g (3.1%), Cholesterol: 77.83mg (25.94%), Sodium: 392.73mg (17.08%), Alcohol: 0.53g (100%), Alcohol %: 0.2% (100%), Protein: 28.45g (56.91%), Vitamin B6: 1.17mg (58.34%), Selenium: 32.63µg (46.62%), Vitamin B3: 9.19mg (45.95%), Vitamin B12: 2.1µg (35.06%), Zinc: 5.2mg (34.67%), Phosphorus: 334.19mg (33.42%), Vitamin C: 26.83mg (32.52%), Vitamin A: 1566.01IU (31.32%), Potassium: 1002.25mg (28.64%), Iron: 3.63mg (20.18%), Manganese: 0.32mg (16.22%), Vitamin B1: 0.24mg (15.8%), Magnesium: 63.08mg (15.77%), Fiber: 3.76g (15.04%), Vitamin B2: 0.25mg (14.81%), Copper: 0.29mg (14.34%), Folate: 45.3µg (11.32%), Vitamin B5: 0.97mg (9.7%), Vitamin K: 9.76µg (9.29%), Vitamin E: 0.96mg (6.42%), Calcium: 54.91mg (5.49%)