



WHATSheATE



Slow-Cooker Beef Stew with Shiitake Mushrooms

 Dairy Free

READY IN



500 min.

SERVINGS



8

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 baby potatoes cut into fourths (1 1/2 pounds)
- ☐ 0.5 cup onion chopped
- ☐ 8 oz baby carrots
- ☐ 3.4 oz mushroom caps fresh sliced
- ☐ 14.5 oz canned tomatoes diced organic undrained canned
- ☐ 10.5 oz beef broth canned
- ☐ 0.5 cup flour all-purpose

- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon marjoram dried
- ☐ 0.3 teaspoon pepper
- ☐ 1 lb stew meat cut into 1/2-inch pieces

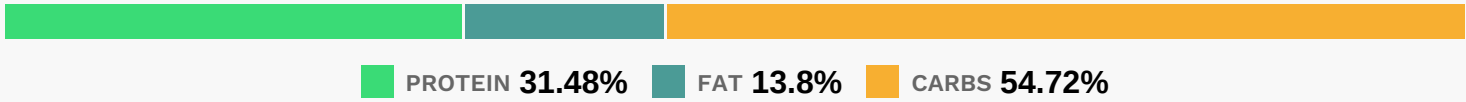
Equipment

- ☐ slow cooker

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, mix all ingredients except beef.
- ☐ Add beef.
- ☐ Cover; cook on Low heat setting 8 to 9 hours. Stir well before serving. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:44.73, Glycemic Load:16.84, Inflammation Score:-10, Nutrition Score:19.5839131319%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 213.31kcal (10.67%), Fat: 3.3g (5.08%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 25.09g (9.12%), Sugar: 5.71g (6.34%), Cholesterol: 35.15mg (11.72%), Sodium: 585.12mg (25.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.88%), Vitamin A: 4024.78IU (80.5%), Vitamin B6:

0.78mg (38.98%), Vitamin B3: 6.75mg (33.74%), Selenium: 20.18µg (28.84%), Vitamin C: 23.03mg (27.92%), Potassium: 862.5mg (24.64%), Phosphorus: 225.24mg (22.52%), Zinc: 2.99mg (19.94%), Manganese: 0.38mg (19.02%), Iron: 3.37mg (18.73%), Vitamin B12: 1.08µg (17.92%), Fiber: 4.35g (17.4%), Vitamin B1: 0.24mg (15.8%), Copper: 0.31mg (15.32%), Vitamin B2: 0.23mg (13.69%), Folate: 53.87µg (13.47%), Magnesium: 52.35mg (13.09%), Vitamin B5: 0.99mg (9.88%), Vitamin K: 7.93µg (7.55%), Calcium: 56.32mg (5.63%), Vitamin E: 0.83mg (5.53%)