

 57%  
HEALTH SCORE

## Slow-Cooker Burgundy Stew with Herb Dumplings

READY IN



540 min.

SERVINGS



8

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lb top round boneless cut into 1-inch pieces
- 4 medium carrots cut into 1/4-inch slices (2 cups)
- 1 cup celery stalks sliced
- 2 medium onion sliced
- 14.5 oz tomatoes diced undrained canned
- 9 oz mushrooms drained sliced
- 0.8 cup wine dry red flavored (from 32-oz carton)
- 1.5 teaspoons salt

- 1 teaspoon thyme leaves dried
- 1 teaspoon ground mustard
- 0.3 teaspoon pepper
- 0.3 cup water
- 3 tablespoons flour all-purpose
- 0.5 teaspoon thyme leaves dried
- 0.3 teaspoon sage dried crushed
- 0.5 cup milk
- 1.5 cups frangelico

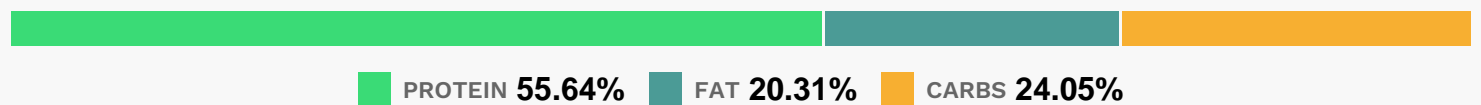
## Equipment

- bowl
- toothpicks
- slow cooker

## Directions

- In 4- to 5-quart slow cooker, mix all stew ingredients except water and flour.
- Cover; cook on Low heat setting 8 to 10 hours (or High heat setting 4 to 5 hours).
- In small bowl, mix water and flour; gradually stir into beef mixture.
- In small bowl, mix Bisquick mix, 1/2 teaspoon thyme and the sage. Stir in milk just until Bisquick mix is moistened. Drop dough by spoonfuls onto hot beef mixture.
- Increase heat setting to High. Cover; cook 25 to 35 minutes or until toothpick inserted in center of dumplings comes out clean.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:46.6, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:24.254347925601%

## Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

## Nutrients (% of daily need)

Calories: 227.27kcal (11.36%), Fat: 4.74g (7.29%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 10.08g (3.67%), Sugar: 5.39g (5.99%), Cholesterol: 71mg (23.67%), Sodium: 622.22mg (27.05%), Alcohol: 2.36g (100%), Alcohol %: 0.94% (100%), Protein: 29.19g (58.38%), Vitamin A: 5255.63IU (105.11%), Selenium: 41.18µg (58.83%), Vitamin B3: 9.89mg (49.46%), Vitamin B6: 0.96mg (47.88%), Zinc: 5.66mg (37.76%), Phosphorus: 333.91mg (33.39%), Vitamin B12: 1.63µg (27.1%), Copper: 0.49mg (24.34%), Potassium: 822.77mg (23.51%), Vitamin B2: 0.39mg (23.12%), Iron: 3.3mg (18.34%), Vitamin B5: 1.53mg (15.3%), Vitamin B1: 0.23mg (15.01%), Vitamin C: 10.29mg (12.48%), Magnesium: 48.94mg (12.24%), Folate: 46.7µg (11.68%), Manganese: 0.21mg (10.51%), Vitamin K: 10.86µg (10.34%), Fiber: 2.54g (10.14%), Calcium: 85.81mg (8.58%), Vitamin E: 0.94mg (6.3%), Vitamin D: 0.23µg (1.54%)