

 63%
HEALTH SCORE

Slow-Cooker Caramelized Onion Beef Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



530 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 cups onion sweet halved thinly sliced ()
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1.5 lb stew meat
- ☐ 1 cup beef broth flavored (from 32-oz carton)
- ☐ 0.9 oz gravy
- ☐ 2 cups baby carrots

- ☐ 1 cup parsnips
- ☐ 0.5 cup peas sweet frozen
- ☐ 1 serving frangelico

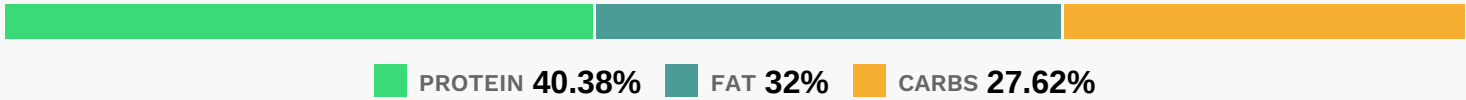
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place Reynolds™ Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.
- ☐ In 10-inch skillet, melt butter over medium-low heat. Cook onions and sugar in butter 30 to 35 minutes, stirring frequently, until onions are deep golden brown and caramelized. Stir in thyme and stew meat; place in slow cooker.
- ☐ In medium bowl, mix broth and gravy mix; pour over meat mixture in slow cooker. Top with carrots and parsnips. Cover; cook on Low heat setting 8 to 9 hours or until beef and vegetables are tender.
- ☐ Stir in peas. Cover; cook 10 to 15 minutes longer or until hot.

Nutrition Facts



Properties

Glycemic Index:35.24, Glycemic Load:2.94, Inflammation Score:-10, Nutrition Score:23.76347823765%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 15.71mg, Quercetin: 15.71mg, Quercetin: 15.71mg, Quercetin: 15.71mg

Nutrients (% of daily need)

Calories: 278.12kcal (13.91%), Fat: 9.81g (15.09%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 14.99g (5.45%), Sugar: 10.53g (11.71%), Cholesterol: 70.64mg (23.55%), Sodium: 319.84mg (13.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.7%), Vitamin A: 6175.84IU (123.52%), Vitamin B6: 0.97mg (48.55%), Selenium: 33.23µg (47.48%), Vitamin B3: 8.77mg (43.87%), Vitamin B12: 2.13µg (35.51%), Zinc: 5.22mg (34.81%), Phosphorus: 320.32mg (32.03%), Potassium: 755mg (21.57%), Iron: 3.49mg (19.37%), Vitamin C: 15.91mg (19.28%), Folate: 74.65µg (18.66%), Manganese: 0.35mg (17.53%), Fiber: 4.07g (16.26%), Vitamin B2: 0.26mg (15.22%), Vitamin B1: 0.22mg (14.38%), Magnesium: 53.5mg (13.38%), Copper: 0.27mg (13.26%), Vitamin K: 13.68µg (13.02%), Vitamin B5: 0.93mg (9.3%), Calcium: 74.05mg (7.4%), Vitamin E: 0.85mg (5.68%)