



HEALTH SCORE

62%

Slow-Cooker : Classic Beef Stew



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



10

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby carrots
- ☐ 1 bay leaves
- ☐ 2 cups beef broth
- ☐ 4 pounds top round beef roast trimmed cut into 2-inch pieces well
- ☐ 1 cup wine dry red
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup olive oil plus more if needed)

- ☐ 2 cups onion diced
- ☐ 1 cup peas frozen thawed
- ☐ 1 pound potatoes cut into 2-inch pieces (4 cups)
- ☐ 1 teaspoon thyme leaves dried
- ☐ 6 ounce canned tomatoes canned

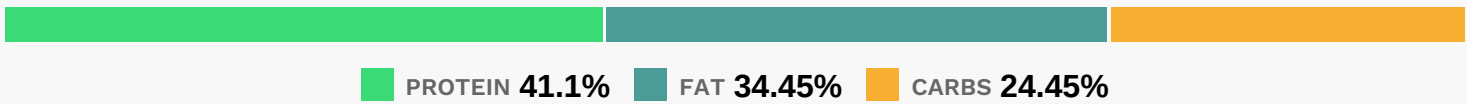
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Coat the beef in the flour.
- ☐ Heat a few tablespoons of the oil in a large skillet over medium-high heat. Brown the meat, a few pieces at a time, adding more oil as necessary.
- ☐ Transfer to a 4- to 6-quart slow cooker.
- ☐ Add the onions to the skillet and cook over medium heat until tender, about 10 minutes. Stir in the tomato paste and coat the onions; transfer to the cooker.
- ☐ Pour the wine into the skillet and scrape up any browned bits; add to the cooker. Stir in the potatoes, carrots, broth, salt, thyme, and bay leaf. Cover and cook on low heat for 7 1/2 hours, or on high for 4 hours.
- ☐ Add the peas and heat through.

Nutrition Facts



Properties

Glycemic Index:31.31, Glycemic Load:14.28, Inflammation Score:-10, Nutrition Score:31.481304272361%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin:

1.85mg, Catechin: 1.85mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg,
Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin:
1.61mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.08mg,
Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin:
6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 460.55kcal (23.03%), Fat: 16.64g (25.61%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 26.59g (8.86%),
Net Carbohydrates: 22.79g (8.29%), Sugar: 4.53g (5.04%), Cholesterol: 112.49mg (37.5%), Sodium: 1025.37mg
(44.58%), Alcohol: 2.52g (100%), Alcohol %: 0.78% (100%), Protein: 44.68g (89.36%), Selenium: 55.72µg (79.6%),
Vitamin A: 3689.4IU (73.79%), Vitamin B3: 14.54mg (72.72%), Vitamin B6: 1.45mg (72.25%), Vitamin B12: 3.39µg
(56.5%), Zinc: 8.1mg (53.98%), Phosphorus: 473.46mg (47.35%), Iron: 5.57mg (30.93%), Potassium: 1043.05mg
(29.8%), Vitamin B1: 0.38mg (25.2%), Vitamin B2: 0.42mg (24.91%), Vitamin C: 19.66mg (23.83%), Folate: 79.42µg
(19.85%), Manganese: 0.36mg (18.07%), Magnesium: 71.98mg (18%), Copper: 0.34mg (17.06%), Fiber: 3.8g (15.21%),
Vitamin K: 14.44µg (13.76%), Vitamin E: 1.83mg (12.21%), Vitamin B5: 1.19mg (11.95%), Calcium: 71.03mg (7.1%)