



Slow-Cooker Colombian Beef and Sweet Potato Stew

 **Gluten Free**  **Dairy Free**

READY IN



390 min.

SERVINGS



6

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef chuck boneless
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1.5 teaspoons vegetable oil
- 3 cups sweet potatoes and into peeled
- 2 teaspoons garlic finely chopped
- 2 cloves whole

- 1 bay leaves dried
- 1 stick cinnamon
- 1 large onion cut into eighths
- 28 oz canned tomatoes whole with basil, undrained organic peeled canned
- 8 apricot dried cut in half
- 1 serving parsley fresh chopped

Equipment

- frying pan
- slow cooker

Directions

- Remove excess fat from beef.
- Cut beef into 1-inch pieces.
- Sprinkle beef with salt and pepper. In 10-inch skillet, heat oil over medium-high heat. Cook beef in oil about 5 minutes, stirring occasionally, until brown.
- In 4- to 5-quart slow cooker, mix beef and remaining ingredients except apricots and parsley. Cover; cook on Low heat setting 6 to 8 hours or until beef is tender.
- Stir in apricots. Cover; cook on Low heat setting about 15 minutes or until apricots are softened. Discard cloves, bay leaf and cinnamon stick.
- Sprinkle stew with parsley.

Nutrition Facts



PROTEIN 25.22% **FAT 33.12%** **CARBS 41.66%**

Properties

Glycemic Index:36.23, Glycemic Load:9.21, Inflammation Score:-10, Nutrition Score:21.901304431584%

Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg,

Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 265.02kcal (13.25%), Fat: 10.12g (15.57%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 23.71g (8.62%), Sugar: 12.71g (14.13%), Cholesterol: 52.16mg (17.39%), Sodium: 483.66mg (21.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.67%), Vitamin A: 10043.46IU (200.87%), Zinc: 6.19mg (41.25%), Vitamin B12: 2.06µg (34.4%), Vitamin B6: 0.64mg (31.77%), Potassium: 896.18mg (25.61%), Manganese: 0.51mg (25.53%), Vitamin B3: 4.91mg (24.56%), Selenium: 16.63µg (23.76%), Phosphorus: 216.61mg (21.66%), Iron: 3.73mg (20.72%), Vitamin C: 17.09mg (20.71%), Fiber: 4.92g (19.69%), Vitamin K: 20.03µg (19.08%), Copper: 0.29mg (14.58%), Vitamin B2: 0.24mg (14.11%), Magnesium: 52.73mg (13.18%), Vitamin B5: 1.25mg (12.5%), Vitamin E: 1.8mg (12.01%), Vitamin B1: 0.18mg (11.82%), Calcium: 95.06mg (9.51%), Folate: 27.12µg (6.78%)