



Slow-Cooker Cowboy Stew

 Gluten Free

READY IN



380 min.

SERVINGS



8

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bull's-eye original barbecue sauce
- 2 lb stewing beef boneless cut into 2x1-inch pieces
- 15.5 oz kidney beans rinsed canned
- 2 carrots sliced
- 3 stalks celery sliced
- 1 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 2 Tbsp flour and chili powder
- 1 cup regular corn frozen

- 1 onion chopped
- 16 oz taco bellâ® & chunky salsa thick
- 1 cup water

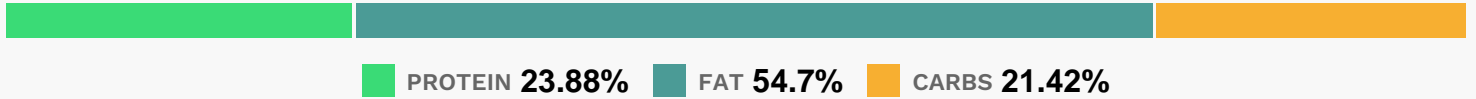
Equipment

- frying pan
- slow cooker

Directions

- Cook meat, in batches, in large nonstick skillet on medium heat until evenly browned, stirring occasionally; spoon into slow cooker.
- Add flour and chili powder; mix well.
- Add all remaining ingredients except cheese; stir. Cover with lid. Cook on LOW 6 to 8 hours.
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:23.1, Glycemic Load:3.65, Inflammation Score:-10, Nutrition Score:22.471304307813%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 461.67kcal (23.08%), Fat: 28.37g (43.64%), Saturated Fat: 11.56g (72.25%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 18.8g (6.84%), Sugar: 7.84g (8.71%), Cholesterol: 94.64mg (31.55%), Sodium: 831.35mg (36.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.86g (55.72%), Vitamin A: 3642.82IU (72.86%), Vitamin B12: 2.58µg (42.94%), Zinc: 6.04mg (40.27%), Phosphorus: 358.88mg (35.89%), Selenium: 22.95µg (32.79%), Vitamin B3: 6.55mg (32.76%), Vitamin B6: 0.65mg (32.7%), Fiber: 6.19g (24.75%), Potassium: 834.39mg

(23.84%), Iron: 3.8mg (21.09%), Vitamin B2: 0.35mg (20.48%), Manganese: 0.37mg (18.48%), Calcium: 177.54mg (17.75%), Magnesium: 63.97mg (15.99%), Vitamin E: 2.25mg (15.01%), Vitamin K: 15.75µg (15%), Copper: 0.25mg (12.53%), Vitamin B1: 0.18mg (11.92%), Folate: 47.35µg (11.84%), Vitamin B5: 1mg (10.02%), Vitamin C: 5.45mg (6.61%), Vitamin D: 0.2µg (1.32%)