



Slow-Cooker Cowboy Stew



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds stew meat
- ☐ 4 potatoes unpeeled cut into 1-inch pieces
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 28 ounces barbecue sauce canned

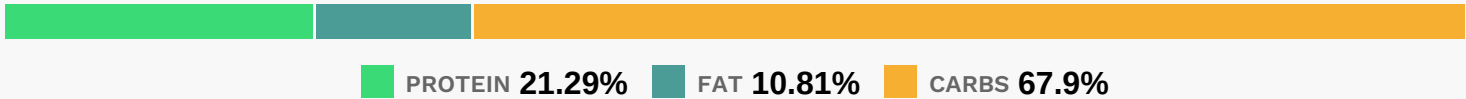
Equipment

- ☐ slow cooker

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, mix beef, potatoes, onion, salt and pepper.
- ☐ Spread beans over beef mixture.
- ☐ Cover and cook on low heat setting 8 to 10 hours or until beef is tender.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:18.45, Inflammation Score:-6, Nutrition Score:21.043043406113%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 474.73kcal (23.74%), Fat: 5.66g (8.71%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 80.08g (26.69%), Net Carbohydrates: 75.52g (27.46%), Sugar: 45.6g (50.66%), Cholesterol: 58.59mg (19.53%), Sodium: 1812.24mg (78.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.21%), Vitamin B6: 1.15mg (57.57%), Vitamin B3: 8.69mg (43.44%), Selenium: 28.39µg (40.56%), Vitamin C: 29.75mg (36.07%), Potassium: 1247.64mg (35.65%), Phosphorus: 314.57mg (31.46%), Zinc: 4.59mg (30.62%), Vitamin B12: 1.75µg (29.14%), Iron: 3.94mg (21.89%), Manganese: 0.43mg (21.3%), Magnesium: 74.02mg (18.51%), Fiber: 4.56g (18.25%), Copper: 0.35mg (17.39%), Vitamin B2: 0.27mg (16.15%), Vitamin B1: 0.24mg (15.88%), Vitamin B5: 1.07mg (10.67%), Folate: 40.2µg (10.05%), Vitamin E: 1.36mg (9.06%), Calcium: 82.33mg (8.23%), Vitamin K: 6.4µg (6.1%), Vitamin A: 299.91IU (6%)