



Slow-Cooker Cowboy Stew (Cooking for 2)

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



2

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces stew meat
- 1 potatoes unpeeled cut into 1-inch pieces
- 0.3 cup onion chopped
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 16 ounces barbecue sauce canned

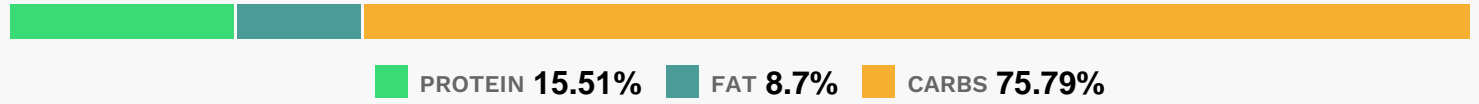
Equipment

- slow cooker

Directions

- In 2 1/2- to 3 1/2-quart slow cooker, mix beef, potato, 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:71.38, Glycemic Load:14.05, Inflammation Score:-6, Nutrition Score:20.978260765905%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 599.48kcal (29.97%), Fat: 5.77g (8.87%), Saturated Fat: 1.58g (9.91%), Carbohydrates: 113.09g (37.7%), Net Carbohydrates: 108.33g (39.39%), Sugar: 76.98g (85.53%), Cholesterol: 52.73mg (17.58%), Sodium: 2681.53mg (116.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.28%), Vitamin B6: 1.06mg (53.2%), Vitamin B3: 8.25mg (41.24%), Selenium: 26.93µg (38.48%), Potassium: 1295.47mg (37.01%), Phosphorus: 294.92mg (29.49%), Vitamin C: 23.82mg (28.87%), Zinc: 4.27mg (28.46%), Vitamin B12: 1.57µg (26.22%), Manganese: 0.5mg (25.16%), Iron: 4.09mg (22.73%), Magnesium: 76.61mg (19.15%), Fiber: 4.76g (19.02%), Copper: 0.37mg (18.57%), Vitamin B2: 0.3mg (17.81%), Vitamin B1: 0.23mg (15.05%), Vitamin E: 2.09mg (13.9%), Calcium: 109.12mg (10.91%), Vitamin B5: 1.08mg (10.84%), Vitamin A: 511.24IU (10.22%), Folate: 36.45µg (9.11%), Vitamin K: 7.41µg (7.06%)