



Slow-Cooker Greek Beef Stew

 Very Healthy

READY IN



610 min.

SERVINGS



6

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds top round beef roast boneless lean
- 0.3 cup flour all-purpose
- 0.8 teaspoon ground cinnamon
- 2 cups onion whole frozen (from 1-pound bag)
- 1.5 cups water
- 0.8 cup tomato paste italian-style (from two 6-ounce cans)
- 0.8 cup wine dry red
- 1 tablespoon red wine vinegar

- 1 tablespoon honey
- 3 cups bulgur hot cooked (orzo)
- 0.5 cup feta cheese crumbled

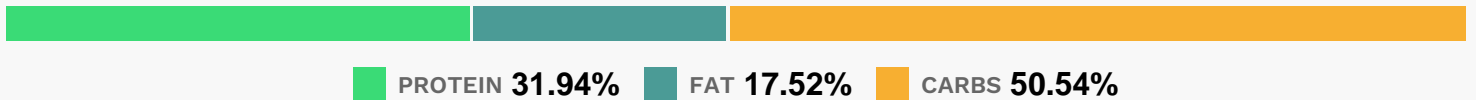
Equipment

- slow cooker

Directions

- Remove excess fat from beef.
- Cut beef into 1-inch pieces. Toss beef, flour and cinnamon. Rinse frozen onions in cold water to separate; drain.
- Place beef and onions in 3 1/2- to 4-quart slow cooker.
- Mix water, tomato paste, wine, vinegar and honey.
- Pour over beef mixture.
- Cover and cook on low heat setting 9 to 10 hours or until beef is tender.
- Serve over pasta.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:27.7, Inflammation Score:-8, Nutrition Score:36.683478131242%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg

Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg

Nutrients (% of daily need)

Calories: 594.3kcal (29.72%), Fat: 11.4g (17.53%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 73.94g (24.65%), Net Carbohydrates: 58.55g (21.29%), Sugar: 9.44g (10.48%), Cholesterol: 104.87mg (34.96%), Sodium: 503.39mg (21.89%), Alcohol: 3.15g (100%), Alcohol %: 0.95% (100%), Protein: 46.74g (93.47%), Manganese: 2.42mg (121.05%), Vitamin B3: 15.41mg (77.03%), Selenium: 49.76µg (71.08%), Vitamin B6: 1.42mg (70.94%), Phosphorus: 627.85mg (62.78%), Fiber: 15.39g (61.55%), Zinc: 8.37mg (55.77%), Vitamin B12: 3.01µg (50.14%), Magnesium: 174.99mg (43.75%), Iron: 6.37mg (35.42%), Potassium: 1231.59mg (35.19%), Vitamin B2: 0.53mg (31.07%), Vitamin B1: 0.42mg (28.07%), Copper: 0.55mg (27.44%), Folate: 69.41µg (17.35%), Vitamin B5: 1.66mg (16.57%), Calcium: 144.59mg (14.46%), Vitamin C: 11.16mg (13.53%), Vitamin E: 1.95mg (12.98%), Vitamin A: 560.29IU (11.21%), Vitamin K: 7.41µg (7.06%)