

Slow-Cooker Hungarian Beef Stew

 Very Healthy

READY IN



505 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds stew meat
- 6 baby potatoes unpeeled cut into 3/4-inch pieces (3 cups)
- 1 cup onion whole frozen thawed (from 1-pound bag)
- 0.3 cup flour all-purpose
- 1 tablespoon paprika
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon caraway seeds
- 1.8 cups beef broth flavored (from 32-ounce carton)

1.5 cups peas sweet frozen thawed (from 1-pound bag)

0.5 cup cream sour

Equipment

slow cooker

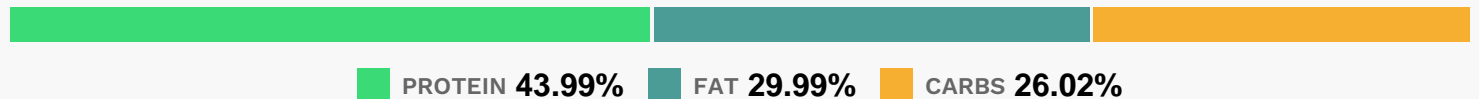
Directions

Spray 3- to 4-quart slow cooker with cooking spray. Toss beef, potatoes, onions, flour, paprika, peppered seasoned salt and caraway seed in cooker until well mixed. Stir in broth.

Cover and cook on Low heat setting 7 to 8 hours.

Stir in peas and sour cream. Cover and cook on Low heat setting about 15 minutes or until peas are tender.

Nutrition Facts



Properties

Glycemic Index:40.85, Glycemic Load:12.02, Inflammation Score:-8, Nutrition Score:26.447391489278%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 360.2kcal (18.01%), Fat: 11.81g (18.17%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 18.72g (6.81%), Sugar: 4.41g (4.9%), Cholesterol: 105.05mg (35.02%), Sodium: 551.95mg (24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.97g (77.94%), Selenium: 45.88µg (65.55%), Vitamin B6: 1.29mg (64.41%), Vitamin B3: 12.59mg (62.93%), Vitamin B12: 2.89µg (48.11%), Zinc: 7.1mg (47.35%), Phosphorus: 437.31mg (43.73%), Vitamin C: 27.71mg (33.58%), Potassium: 973.82mg (27.82%), Iron: 4.78mg (26.53%), Vitamin B2: 0.4mg (23.66%), Vitamin B1: 0.34mg (22.96%), Vitamin A: 973.31IU (19.47%), Manganese: 0.35mg (17.73%), Magnesium: 70.56mg (17.64%), Folate: 69.91µg (17.48%), Fiber: 4.33g (17.32%), Copper: 0.3mg (15.15%), Vitamin K: 13.22µg (12.59%), Vitamin B5: 1.03mg (10.26%), Calcium: 78.35mg (7.83%), Vitamin E: 0.93mg (6.19%)