

Slow Cooker Italian Beef Stew

 Gluten Free  Dairy Free

READY IN



265 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce baby carrots quartered
- ☐ 0.3 cup beef broth
- ☐ 1.5 pounds beef stew meat cubed
- ☐ 2 stalks celery roughly chopped
- ☐ 1 teaspoon rosemary dried
- ☐ 2 cloves garlic chopped
- ☐ 0.3 teaspoon garlic powder to taste
- ☐ 8 servings salt and ground pepper black to taste

- ☐ 0.3 teaspoon onion powder to taste
- ☐ 4 potatoes red quartered
- ☐ 0.8 cup red wine
- ☐ 0.3 cup tomato paste
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 onion yellow sliced quartered

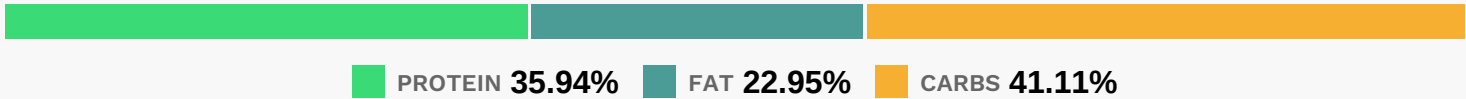
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Whisk flour, onion powder, garlic powder, salt, and pepper together in a shallow bowl.
- ☐ Add beef to seasoned flour and toss to evenly coat; shake off any excess flour.
- ☐ Heat oil in a skillet over medium heat. Cook beef in hot oil until browned on all sides, 5 to 10 minutes.
- ☐ Transfer beef to slow cooker; add carrots, onion, potatoes, celery, and garlic.
- ☐ Whisk red wine, beef broth, tomato paste, and rosemary together in a bowl until smooth; pour over beef and vegetables.
- ☐ Cook on Low until beef and vegetables are tender, 4 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:21.991739148679%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 260.94kcal (13.05%), Fat: 6.23g (9.59%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 20.99g (7.63%), Sugar: 5.65g (6.28%), Cholesterol: 52.73mg (17.58%), Sodium: 213.03mg (9.26%), Alcohol: 2.38g (100%), Alcohol %: 0.99% (100%), Protein: 21.95g (43.91%), Vitamin A: 7997.61IU (159.95%), Vitamin B6: 0.85mg (42.73%), Vitamin B3: 7.69mg (38.47%), Selenium: 25.35µg (36.21%), Potassium: 1066.84mg (30.48%), Phosphorus: 282.94mg (28.29%), Zinc: 4.11mg (27.4%), Vitamin B12: 1.58µg (26.31%), Iron: 3.46mg (19.24%), Manganese: 0.35mg (17.46%), Fiber: 4.13g (16.53%), Vitamin C: 13.5mg (16.37%), Copper: 0.33mg (16.29%), Vitamin K: 16.73µg (15.93%), Magnesium: 58.12mg (14.53%), Vitamin B1: 0.2mg (13.08%), Folate: 51.96µg (12.99%), Vitamin B2: 0.22mg (12.9%), Vitamin B5: 0.96mg (9.55%), Calcium: 58.01mg (5.8%), Vitamin E: 0.79mg (5.25%)