



HEALTH SCORE

90%

Slow-Cooker Italian Beef Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



750 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound stew meat
- ☐ 1 teaspoon beef base
- ☐ 3 large carrots cut into 1-inch pieces (2 cups)
- ☐ 2 medium stalks celery cut into 1-inch pieces (1 1/2 cups)
- ☐ 2 cloves garlic finely chopped
- ☐ 1.5 cups onion coarsely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 19 ounces cannellini beans white rinsed drained canned (kidney)

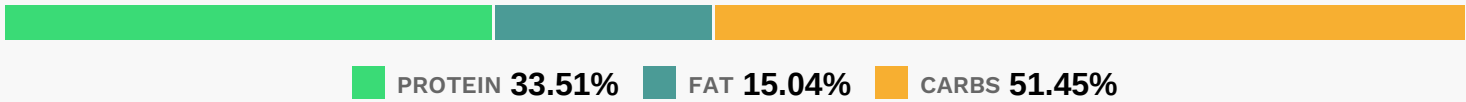
- ☐ 28 ounces canned tomatoes crushed undrained canned
- ☐ 12 ounces gravy
- ☐ 2 teaspoons seasoning italian
- ☐ 1 teaspoon sugar
- ☐ 2 cups green beans frozen (from 1-pound bag)

Equipment

Directions

- ☐ Place beef, beef base, carrots, celery, garlic, onion, pepper, kidney
- ☐ beans, tomatoes and gravy in order listed in 3 1/2- to 4-quart slow
- ☐ cooker.
- ☐ Cover and cook on low heat setting 10 to 12 hours.
- ☐ Stir in Italian seasoning, sugar and frozen green beans. Increase
- ☐ heat setting to high. Cover and cook 15 minutes or until green beans are
- ☐ tender.

Nutrition Facts



Properties

Glycemic Index:59.65, Glycemic Load:10.6, Inflammation Score:-10, Nutrition Score:31.112173909726%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 324.92kcal (16.25%), Fat: 5.62g (8.65%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 33.22g (12.08%), Sugar: 12.57g (13.96%), Cholesterol: 51.42mg (17.14%), Sodium: 600.81mg

(26.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.34%), Vitamin A: 6624.16IU (132.48%), Manganese: 0.97mg (48.65%), Vitamin B6: 0.94mg (46.95%), Fiber: 10.04g (40.16%), Potassium: 1353.5mg (38.67%), Iron: 6.84mg (37.98%), Vitamin B3: 7.59mg (37.94%), Vitamin K: 39.41µg (37.53%), Selenium: 23.95µg (34.22%), Phosphorus: 331.3mg (33.13%), Zinc: 4.8mg (31.99%), Copper: 0.59mg (29.73%), Folate: 118.45µg (29.61%), Magnesium: 111.7mg (27.93%), Vitamin C: 22.47mg (27.24%), Vitamin B12: 1.4µg (23.37%), Vitamin B1: 0.33mg (22.31%), Vitamin E: 3.15mg (20.97%), Vitamin B2: 0.31mg (18%), Calcium: 177.89mg (17.79%), Vitamin B5: 1.14mg (11.41%)