



 **100%**  
HEALTH SCORE

## Slow-Simmered Beef Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**610 min.**

SERVINGS



**4**

CALORIES



**323 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups baby carrots fresh
- 1 lb stew meat
- 1.5 oz stew meat
- 1 medium stalk celery cut into 1-inch pieces
- 1 cup corn frozen
- 1 cup green beans frozen
- 2 medium potatoes peeled cut into 1-inch pieces
- 1 cup water

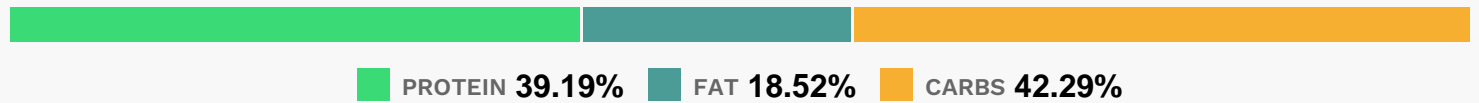
## Equipment

- ziploc bags
- slow cooker

## Directions

- In 3 1/2 to 4-quart slow cooker, layer carrots, potatoes and celery.
- Place stew seasoning on waxed paper or in plastic bag.
- Add beef; coat with seasoning.
- Add beef to slow cooker; sprinkle with any remaining seasoning.
- Add water.
- Layer frozen corn and green beans on top.
- Cover; cook on low setting for 8 to 10 hours. Stir stew before serving.

## Nutrition Facts



## Properties

Glycemic Index:40.44, Glycemic Load:14.2, Inflammation Score:-10, Nutrition Score:28.696521883426%

## Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## Nutrients (% of daily need)

Calories: 322.8kcal (16.14%), Fat: 6.71g (10.32%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 28.68g (10.43%), Sugar: 4.15g (4.61%), Cholesterol: 76.9mg (25.63%), Sodium: 127.96mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.94g (63.89%), Vitamin A: 6857.63IU (137.15%), Vitamin B6: 1.29mg (64.72%), Vitamin B3: 10.7mg (53.49%), Selenium: 35.64µg (50.92%), Zinc: 5.92mg (39.49%), Phosphorus: 389.55mg (38.95%), Vitamin B12: 2.29µg (38.24%), Vitamin C: 28.86mg (34.99%), Potassium: 1190.36mg (34.01%), Iron: 4.4mg (24.43%), Fiber: 5.79g (23.17%), Vitamin K: 22.78µg (21.69%), Magnesium: 80.83mg (20.21%), Manganese: 0.39mg (19.38%), Vitamin B2: 0.32mg (18.85%), Folate: 75.3µg (18.82%), Vitamin B1: 0.28mg (18.81%),

Copper: 0.34mg (16.88%), Vitamin B5: 1.26mg (12.56%), Calcium: 69.3mg (6.93%), Vitamin E: 0.52mg (3.48%)