



## Snowman Party Stew

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound ground beef
- 16 ounces savory vegetable frozen divided for stew,
- 10 ounces gravy canned
- 2 cups potatoes (with a small amount of milk) prepared mashed
- 16 peppercorns whole black
- 0.3 cup catsup

## Equipment

- frying pan

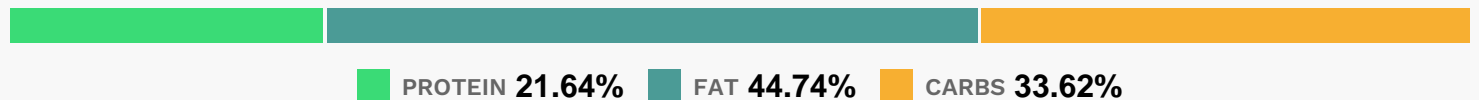
oven

knife

## Directions

- In a skillet, cook beef over medium heat until no longer pink; drain.
- Remove 24 peas and one carrot chunk from the stew vegetables; set aside.
- Add the remaining vegetables to beef. Cook until vegetables are thawed.
- Add gravy; mix well.
- Pour into an ungreased 9-in. pie plate. Top with eight mashed potato snowmen, using 1 tablespoon of potatoes for each head and 3 tablespoons for each body.
- Bake, uncovered, at 350&deg; for 20 minutes.
- Meanwhile, with a sharp knife, cut the reserved carrot into eight strips. Insert one strip into each snowman for a nose.
- Place three reserved peas on each for buttons.
- Add peppercorns for eyes.
- Drizzle ketchup between head and body to form a scarf.

## Nutrition Facts



## Properties

Glycemic Index:20.09, Glycemic Load:9.15, Inflammation Score:-9, Nutrition Score:12.808695694675%

## Flavonoids

Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 243.69kcal (12.18%), Fat: 12.29g (18.92%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 17.29g (6.29%), Sugar: 2.61g (2.9%), Cholesterol: 43.09mg (14.36%), Sodium: 298.15mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Vitamin A: 2919.8IU (58.4%), Vitamin B6: 0.4mg (20.24%), Vitamin B12: 1.21µg (20.22%), Vitamin C: 16.55mg (20.06%), Vitamin B3: 3.77mg (18.85%), Zinc: 2.79mg (18.62%), Phosphorus: 155.23mg (15.52%), Potassium: 518.05mg (14.8%), Fiber: 3.5g (13.98%), Manganese:

0.26mg (12.86%), Selenium: 8.95µg (12.79%), Iron: 2.09mg (11.63%), Vitamin B2: 0.16mg (9.51%), Magnesium: 36.64mg (9.16%), Vitamin B1: 0.14mg (9.11%), Copper: 0.15mg (7.65%), Folate: 29.52µg (7.38%), Vitamin B5: 0.54mg (5.39%), Calcium: 32.69mg (3.27%), Vitamin K: 2.57µg (2.45%), Vitamin E: 0.35mg (2.33%)