



Spanish Stew

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot halves dried
- ☐ 1 bay leaf
- ☐ 1 pound stew beef lean cut into cubes
- ☐ 14 ounce beef broth canned
- ☐ 4.5 ounce mushrooms drained sliced canned
- ☐ 8 ounce canned tomatoes whole undrained chopped canned
- ☐ 2 servings rice hot cooked
- ☐ 1 teaspoon basil dried

- ☐ 1 teaspoon tarragon dried
- ☐ 1 cup cooking wine dry red
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 1 bell pepper green cut into thin strips
- ☐ 4 ounce olives ripe drained sliced canned
- ☐ 1 large onion separated sliced
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup raisins
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil

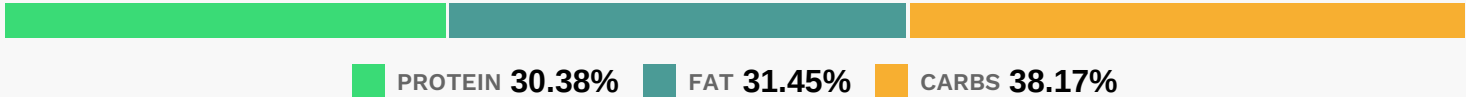
Equipment

- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Place basil, tarragon, and bay leaf on a 6-inch square of cheesecloth; tie corners of cloth together with string.
- ☐ Brown beef in hot oil in a Dutch oven over medium heat.
- ☐ Add herb bag, onion, and next 8 ingredients; bring to a boil. Cover, reduce heat, and simmer, stirring often, 1 hour. Stir in mushrooms and olives; simmer 30 minutes.
- ☐ Remove and discard herb bag.
- ☐ Combine broth and flour in a jar; cover tightly, and shake vigorously. Stir into stew. Cook, stirring constantly, until thickened.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:241.6, Glycemic Load:41.12, Inflammation Score:-9, Nutrition Score:48.946086950924%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 17.26mg, Quercetin: 17.26mg, Quercetin: 17.26mg, Quercetin: 17.26mg

Nutrients (% of daily need)

Calories: 883.45kcal (44.17%), Fat: 28.39g (43.67%), Saturated Fat: 6.53g (40.82%), Carbohydrates: 77.52g (25.84%), Net Carbohydrates: 66.5g (24.18%), Sugar: 20.15g (22.39%), Cholesterol: 140.61mg (46.87%), Sodium: 3346.89mg (145.52%), Alcohol: 12.6g (100%), Alcohol %: 1.53% (100%), Protein: 61.69g (123.38%), Selenium: 76.34µg (109.05%), Vitamin B6: 2.13mg (106.69%), Vitamin B3: 21.07mg (105.34%), Vitamin C: 65.96mg (79.95%), Zinc: 11.04mg (73.57%), Vitamin B12: 4.33µg (72.24%), Phosphorus: 697.91mg (69.79%), Manganese: 1.15mg (57.26%), Potassium: 1953.74mg (55.82%), Iron: 9.7mg (53.9%), Copper: 0.91mg (45.56%), Fiber: 11.02g (44.07%), Vitamin E: 5.85mg (39%), Vitamin B2: 0.61mg (36.06%), Magnesium: 138.98mg (34.75%), Vitamin K: 36.05µg (34.33%), Vitamin B1: 0.51mg (33.9%), Vitamin A: 1323.56IU (26.47%), Vitamin B5: 2.46mg (24.57%), Folate: 93.6µg (23.4%), Calcium: 202.72mg (20.27%)