



39%
HEALTH SCORE

Special Irish Beef Stew

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups beef broth
- 1 pound stew meat lean
- 4 cups carrots sliced
- 1 tablespoon cornstarch
- 2 tablespoons flour all-purpose
- 2 cups mushrooms fresh sliced
- 2 cups mushrooms fresh sliced
- 0.3 cup parsley fresh chopped

- 6 cloves garlic minced
- 1 small onion chopped
- 2 large potatoes diced peeled
- 6 ounce canned tomatoes canned
- 2 teaspoons vegetable oil
- 1 tablespoon water cold

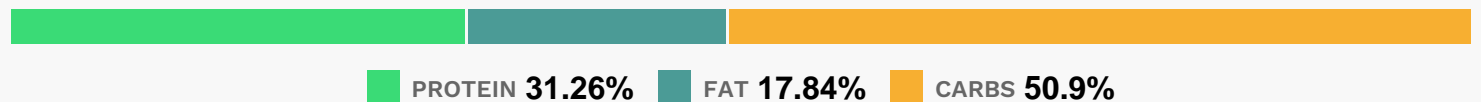
Equipment

- pot
- dutch oven

Directions

- Heat oil in a Dutch oven or large pot over medium-high heat. Coat beef cubes with flour, shaking off the excess. Fry beef cubes until browned on all sides.
- Remove from the pot.
- Add the onion, mushrooms, and garlic to the pot, and cook stirring constantly until onion is tender, about 3 minutes.
- Return beef to the pot, and stir in tomato paste, beef broth, and beer.
- Add potatoes and carrots, cover, and simmer over low heat for about 1 hour.
- Mix together the cornstarch and cold water. Stir into the stew, and simmer until thickened.
- Sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:66.1, Glycemic Load:21.41, Inflammation Score:-10, Nutrition Score:30.977826061456%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg

Isorhamnetin: 0.58mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 301.76kcal (15.09%), Fat: 6.11g (9.4%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 32.52g (11.82%), Sugar: 8.07g (8.97%), Cholesterol: 46.87mg (15.62%), Sodium: 449.49mg (19.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.17%), Vitamin A: 14530.3IU (290.61%), Vitamin B6: 1.15mg (57.3%), Vitamin K: 59.87µg (57.02%), Vitamin B3: 10.74mg (53.7%), Vitamin C: 38.34mg (46.48%), Selenium: 29.45µg (42.07%), Potassium: 1424.1mg (40.69%), Phosphorus: 349.32mg (34.93%), Vitamin B2: 0.52mg (30.58%), Zinc: 4.22mg (28.1%), Fiber: 6.7g (26.79%), Copper: 0.52mg (26.13%), Manganese: 0.5mg (24.89%), Vitamin B12: 1.48µg (24.67%), Vitamin B1: 0.33mg (22.19%), Iron: 3.95mg (21.95%), Vitamin B5: 2.03mg (20.33%), Magnesium: 73.49mg (18.37%), Folate: 72.57µg (18.14%), Vitamin E: 1.31mg (8.74%), Calcium: 85.68mg (8.57%)