

 58%
HEALTH SCORE

Spiced Beef Stew

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 pounds beef stew meat cubed
- ☐ 1 cup beer
- ☐ 1 tablespoon brown sugar packed
- ☐ 14 ounce beef broth canned
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic minced

- ☐ 0.3 cup butter
- ☐ 15 ounce vegetables mixed drained canned
- ☐ 1 onion sliced into thin rings

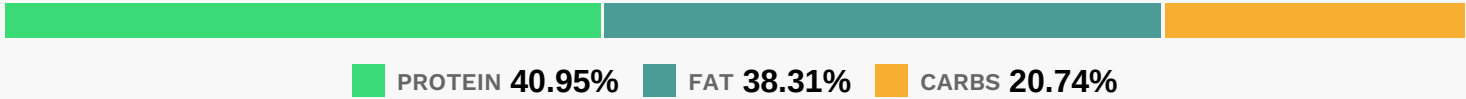
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees (175 C).
- ☐ In Dutch oven over medium-high heat, melt butter or margarine. Cook beef in two batches until browned, stirring often.
- ☐ Remove beef from Dutch oven and set aside. Stir in flour.
- ☐ Add broth, beer, onion, garlic, brown sugar, thyme and bay leaf.
- ☐ Heat to boil. Return beef to dish. Cover and bake at 350 degree F(175 C) for 1 1/2 hours.
- ☐ Add mixed vegetables. Cover and bake for 1 hour, or until beef is done.
- ☐ Remove bay leaf and serve.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:6.93, Inflammation Score:-10, Nutrition Score:25.395217377207%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 382.48kcal (19.12%), Fat: 15.72g (24.18%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 15.77g (5.74%), Sugar: 2.74g (3.05%), Cholesterol: 93.74mg (31.25%), Sodium: 456.48mg (19.85%), Alcohol: 1.53g (100%), Alcohol %: 0.53% (100%), Protein: 37.8g (75.6%), Vitamin A: 3945.12IU (78.9%), Selenium: 44.9µg (64.14%), Vitamin B3: 12.17mg (60.85%), Vitamin B6: 1.12mg (55.98%), Vitamin B12: 2.86µg (47.68%), Zinc: 6.7mg (44.69%), Phosphorus: 396.08mg (39.61%), Iron: 4.43mg (24.63%), Potassium: 756.6mg (21.62%), Vitamin B2: 0.36mg (21.29%), Vitamin B1: 0.28mg (18.9%), Magnesium: 61.06mg (15.26%), Manganese: 0.3mg (14.78%), Folate: 57.54µg (14.38%), Fiber: 3.37g (13.5%), Copper: 0.24mg (11.81%), Vitamin C: 9.15mg (11.09%), Vitamin B5: 0.87mg (8.66%), Calcium: 66.58mg (6.66%), Vitamin E: 0.77mg (5.11%), Vitamin K: 4.78µg (4.55%)