



WHATSheATE



Spiced Beef Stew with Carrots and Mint



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 8 ounces baby carrots peeled
- ☐ 2.5 cups beef broth
- ☐ 12 ounces beef tenderloin cut into 1-inch cubes
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.3 cup mint leaves fresh divided chopped
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons olive oil divided

- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 1 cup shallots sliced (3 large)

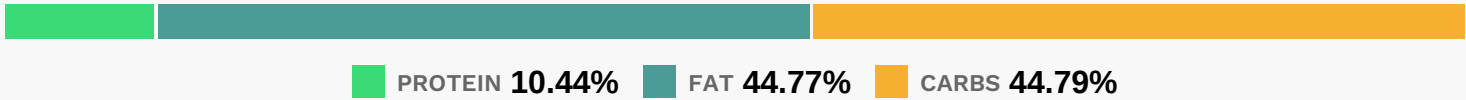
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat 1 tablespoon oil in large nonstick skillet over high heat.
- ☐ Sprinkle beef with salt and pepper.
- ☐ Add beef to skillet and sauté until cooked to desired doneness, about 2 minutes for medium-rare. Using slotted spoon, transfer beef to bowl.
- ☐ Add remaining 1 tablespoon oil to skillet.
- ☐ Add shallots and carrots and sauté until golden, about 3 minutes.
- ☐ Add all spices; stir 30 seconds.
- ☐ Sprinkle flour over; stir 30 seconds. Stir in broth and bring to boil. Reduce heat to medium; simmer until carrots are just tender, about 8 minutes. Return beef to skillet; cook until sauce thickens slightly, about 1 minute. Season stew to taste with salt and pepper. Stir in 1/4 cup chopped mint.
- ☐ Transfer stew to bowls.
- ☐ Sprinkle with remaining chopped mint and serve.
- ☐ Bon Appétit
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:6.94, Inflammation Score:-10, Nutrition Score:20.353478245113%

Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg

Nutrients (% of daily need)

Calories: 301.55kcal (15.08%), Fat: 15.69g (24.14%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 27.07g (9.84%), Sugar: 14.89g (16.55%), Cholesterol: 0mg (0%), Sodium: 1225.5mg (53.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.46%), Vitamin A: 16042.26IU (320.85%), Manganese: 0.97mg (48.36%), Fiber: 8.24g (32.96%), Vitamin B6: 0.59mg (29.31%), Iron: 5.2mg (28.92%), Potassium: 920.91mg (26.31%), Folate: 92.94µg (23.24%), Vitamin K: 20.68µg (19.69%), Vitamin C: 15.4mg (18.66%), Vitamin B3: 3.69mg (18.46%), Phosphorus: 163.37mg (16.34%), Vitamin E: 2.2mg (14.66%), Magnesium: 58.56mg (14.64%), Calcium: 146.02mg (14.6%), Copper: 0.27mg (13.63%), Vitamin B1: 0.16mg (10.77%), Vitamin B2: 0.18mg (10.34%), Vitamin B5: 0.9mg (9%), Selenium: 6.07µg (8.67%), Zinc: 0.91mg (6.07%), Vitamin B12: 0.21µg (3.5%)