



Spicy Pineapple-Beef Stew

 Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



73 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz beef broth fat-free reduced-sodium canned
- 1 lb beef stew meat
- 2 cups pasta like spaghetti hot cooked
- 3 Tbsp cornstarch
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 3 cups bite-size pineapple chunks fresh
- 0.3 cup pasilla peppers red chopped
- 0.5 cup planters roasted peanuts dry chopped

- 6 serrano chiles stemmed seeded finely chopped
- 0.3 cup lite soy sauce
- 3 Tbsp water

Equipment

- frying pan

Directions

- Heat dressing in large skillet on medium-high heat.
- Add pineapple and chiles; cook 3 to 5 min. or until lightly browned, stirring occasionally.
- Add meat; cook and stir 5 min. or until browned.
- Stir in broth and soy sauce. Bring to boil; cover. Simmer on low heat 1 hour or until meat is tender, stirring occasionally.
- Mix cornstarch and water.
- Add to meat mixture along with nuts and peppers; mix well. Bring to boil; simmer 1 to 2 min. or until thickened, stirring constantly.
- Serve over spaghetti.

Nutrition Facts



Properties

Glycemic Index:3.18, Glycemic Load:1.34, Inflammation Score:-1, Nutrition Score:3.5404347673706%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 72.88kcal (3.64%), Fat: 2.32g (3.57%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 7.43g (2.7%), Sugar: 3.79g (4.21%), Cholesterol: 9.37mg (3.12%), Sodium: 161.35mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.19%), Selenium: 7.04µg (10.06%), Vitamin B3: 1.59mg (7.97%), Vitamin B6: 0.15mg (7.34%), Vitamin C: 4.36mg (5.28%), Zinc: 0.79mg (5.24%), Phosphorus: 52.22mg (5.22%),

Manganese: 0.1mg (4.91%), Vitamin B12: 0.28µg (4.66%), Potassium: 138.54mg (3.96%), Magnesium: 14.58mg (3.65%), Iron: 0.6mg (3.36%), Copper: 0.07mg (3.27%), Fiber: 0.78g (3.11%), Vitamin B1: 0.05mg (3.1%), Vitamin B2: 0.04mg (2.41%), Folate: 7.42µg (1.86%), Vitamin E: 0.23mg (1.52%), Vitamin B5: 0.12mg (1.25%), Vitamin A: 62.3IU (1.25%), Vitamin K: 1.1µg (1.05%)