



Sweet and Sour Beef



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



4

CALORIES



1025 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound beef chuck boneless cut into 1/4 inch strips
- ☐ 1 pound beef stew meat cubed
- ☐ 9 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 4 servings rice hot cooked
- ☐ 5 tablespoons cornstarch
- ☐ 1 tablespoon basil dried

- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 medium bell pepper green julienned
- ☐ 1 large onion cut into wedges
- ☐ 0.3 teaspoon pepper
- ☐ 1 medium bell pepper sweet red julienned
- ☐ 9 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 cup vinegar
- ☐ 3 cups water cold

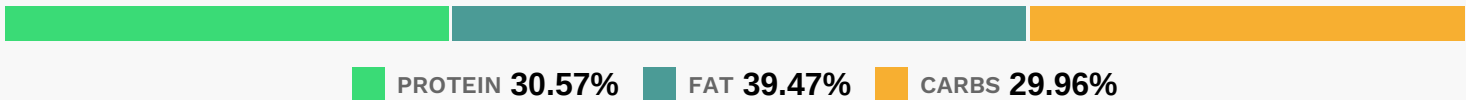
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Heat a deep skillet over medium heat. Cook and stir beef in hot skillet until completely browned, 7 to 10 minutes.
- ☐ Transfer beef to a slow cooker.
- ☐ Whisk water, vinegar, soy sauce, brown sugar, and cornstarch together until smooth; pour over the beef.
- ☐ Cook on Low until the beef is tender and the sauce is thick, 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:103.27, Glycemic Load:28.47, Inflammation Score:-9, Nutrition Score:50.568260597146%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 1025.16kcal (51.26%), Fat: 44.89g (69.06%), Saturated Fat: 15.75g (98.44%), Carbohydrates: 76.67g (25.56%), Net Carbohydrates: 71.77g (26.1%), Sugar: 36.05g (40.06%), Cholesterol: 226.8mg (75.6%), Sodium: 3025.72mg (131.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.23g (156.47%), Zinc: 22.92mg (152.83%), Vitamin B12: 8.3µg (138.27%), Selenium: 86.42µg (123.46%), Vitamin B6: 2.17mg (108.47%), Vitamin B3: 21.22mg (106.08%), Vitamin C: 74.95mg (90.85%), Phosphorus: 828.8mg (82.88%), Iron: 11.02mg (61.25%), Manganese: 1.12mg (56.04%), Potassium: 1801.02mg (51.46%), Vitamin K: 43.91µg (41.82%), Vitamin B2: 0.7mg (40.99%), Magnesium: 139.92mg (34.98%), Copper: 0.66mg (33.23%), Vitamin A: 1551.45IU (31.03%), Vitamin B5: 2.87mg (28.68%), Vitamin B1: 0.43mg (28.55%), Vitamin E: 3.56mg (23.72%), Fiber: 4.91g (19.63%), Calcium: 184.84mg (18.48%), Folate: 71.88µg (17.97%), Vitamin D: 0.23µg (1.51%)