



 11%
HEALTH SCORE

Tarragon Beef Stew with Vermouth

 Gluten Free

READY IN



195 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 1 pound stew meat
- 2 tablespoons butter
- 2 large carrots quartered
- 6 cups chicken broth
- 2 teaspoons tarragon fresh chopped
- 4 cloves garlic
- 1 tablespoon honey

- 2 cups baby potatoes
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 1.5 cups mirin sweet
- 1.5 cups mirin sweet
- 4 cups water
- 1 tablespoon granulated sugar white
- 0.5 cup worcestershire sauce

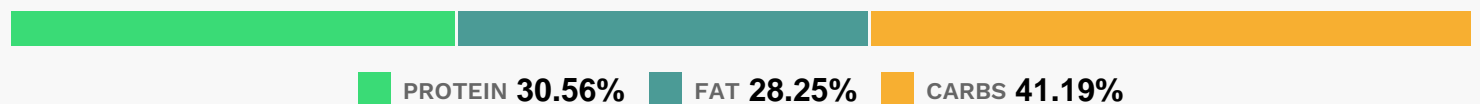
Equipment

- pot

Directions

- Melt butter In a large stockpot over medium-high heat.
- Add the beef stew meat, and fry for 2 to 3 minutes, or until evenly browned on the outside.
- Pour the chicken broth, water, and vermouth into the stock pot.
- Add the potatoes, carrots, and garlic. Season with tarragon, bay leaf, Worcestershire sauce, sugar, honey, salt and pepper. Bring to a boil, reduce heat, and cover. Cook 2 1/2 hours to blend the flavors.
- Remove cover and continue cooking 20 minutes, or long enough to evaporate enough liquid to reach your desired thickness.

Nutrition Facts



Properties

Glycemic Index:72.49, Glycemic Load:10.45, Inflammation Score:-10, Nutrition Score:18.633043330649%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin:

0.04mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 338.93kcal (16.95%), Fat: 8.2g (12.61%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 25g (9.09%), Sugar: 9.72g (10.8%), Cholesterol: 61.6mg (20.53%), Sodium: 1367.38mg (59.45%), Alcohol: 11.4g (100%), Alcohol %: 2.07% (100%), Protein: 19.96g (39.92%), Vitamin A: 4179.53IU (83.59%), Vitamin B6: 0.72mg (35.83%), Vitamin B3: 6.63mg (33.14%), Selenium: 22.57µg (32.25%), Zinc: 3.63mg (24.23%), Vitamin B12: 1.45µg (24.23%), Potassium: 803.07mg (22.94%), Phosphorus: 229.14mg (22.91%), Iron: 3.68mg (20.45%), Vitamin B2: 0.33mg (19.64%), Vitamin C: 15.23mg (18.46%), Manganese: 0.33mg (16.56%), Vitamin B1: 0.2mg (13.17%), Copper: 0.26mg (12.92%), Magnesium: 42.57mg (10.64%), Calcium: 80.07mg (8.01%), Fiber: 1.9g (7.58%), Folate: 26.36µg (6.59%), Vitamin B5: 0.58mg (5.85%), Vitamin K: 5.75µg (5.48%), Vitamin E: 0.61mg (4.09%)