

Thunderbird Stew

 Dairy Free

READY IN



550 min.

SERVINGS



8

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups apple juice
- 0.8 ounce brown gravy mix dry
- 2 pounds beef chuck
- 1 ounce onion soup mix dry

Equipment

- oven
- casserole dish
- slow cooker

Directions

- Place stew beef, onion soup mix, brown gravy mix, and apple juice into a slow cooker, and cook on Low for 5 to 8 hours.
- Mix together the apple juice, onion soup mix, and brown gravy mix in a casserole dish.
- Add stew beef, and cook covered for 2 1/2 to 3 hours in a 325 degree oven.(165 degrees C)

Nutrition Facts

PROTEIN 37.17% **FAT 49.79%** **CARBS 13.04%**

Properties

Glycemic Index:5.09, Glycemic Load:2.1, Inflammation Score:-1, Nutrition Score:12.533912967081%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 237.01kcal (11.85%), Fat: 13.14g (20.21%), Saturated Fat: 5.73g (35.82%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.41g (2.7%), Sugar: 4.73g (5.25%), Cholesterol: 78.24mg (26.08%), Sodium: 393.16mg (17.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.12%), Zinc: 8.58mg (57.18%), Vitamin B12: 3.1µg (51.6%), Selenium: 23.58µg (33.69%), Vitamin B3: 4.99mg (24.95%), Vitamin B6: 0.46mg (23.17%), Phosphorus: 225.05mg (22.51%), Iron: 2.46mg (13.66%), Potassium: 449mg (12.83%), Vitamin B2: 0.18mg (10.71%), Vitamin B5: 0.75mg (7.49%), Magnesium: 26mg (6.5%), Vitamin B1: 0.09mg (6.3%), Copper: 0.09mg (4.36%), Manganese: 0.07mg (3.47%), Calcium: 28.07mg (2.81%), Vitamin K: 1.75µg (1.67%), Vitamin E: 0.22mg (1.5%), Fiber: 0.33g (1.31%)