



Traditional Chilean Stew

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



20

CALORIES



111 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups beef broth
- 1 lb butternut squash peeled cut into 1/2-inch cubes
- 16 oz vegetables mixed frozen (peas, corn and carrots)
- 3 cloves garlic chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 onion coarsely chopped
- 1 Tbsp oregano leaves dried
- 1 Tbsp paprika

- 1 tsp pepper
- 2.5 lb potatoes red peeled cut into 1/2-inch cubes (5)
- 1 lb beef top round steak cut into 1/2-inch cubes

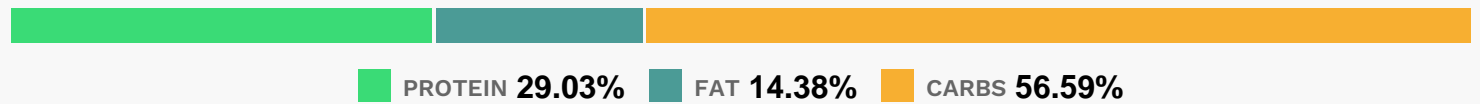
Equipment

- frying pan
- pot

Directions

- Bring potatoes, squash and broth to boil in stockpot on medium-high heat; simmer on low heat 10 min.
- Meanwhile, cook meat, onions and garlic in dressing in large skillet on medium-high heat 5 min. or until meat is browned, stirring occasionally.
- Add seasonings; cook 5 min., stirring frequently.
- Add to potato mixture in stockpot; stir. Simmer 30 min., stirring occasionally. Stir in mixed vegetables; simmer 10 min., stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:1.15, Inflammation Score:-10, Nutrition Score:11.542608862338%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 110.5kcal (5.52%), Fat: 1.83g (2.81%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 13.51g (4.91%), Sugar: 1.83g (2.03%), Cholesterol: 13.83mg (4.61%), Sodium: 333.91mg (14.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.6%), Vitamin A: 3739.95IU (74.8%), Vitamin B3: 3.39mg (16.95%), Vitamin B6: 0.34mg (16.93%), Potassium: 533.9mg (15.25%), Vitamin C: 12.57mg (15.23%), Selenium: 8.41µg (12.02%), Phosphorus: 119.93mg (11.99%), Manganese: 0.24mg (11.88%), Fiber: 2.68g (10.71%), Zinc: 1.4mg

(9.33%), Magnesium: 35mg (8.75%), Iron: 1.56mg (8.65%), Vitamin B1: 0.13mg (8.33%), Copper: 0.15mg (7.35%), Folate: 29.36µg (7.34%), Vitamin B12: 0.36µg (5.94%), Vitamin B2: 0.1mg (5.74%), Vitamin K: 5.83µg (5.55%), Vitamin B5: 0.48mg (4.76%), Vitamin E: 0.61mg (4.06%), Calcium: 39.21mg (3.92%)