

# Ukrainian Goulash

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds beef stew meat cubed
- 1 tablespoon flour all-purpose
- 1 clove garlic minced
- 0.1 teaspoon ground pepper black
- 2 onions sliced
- 1 tablespoon paprika
- 1.5 teaspoons salt
- 1 cup steak sauce (such as Heinz 57®)

2 tablespoons vegetable shortening

2 tablespoons water

## Equipment

bowl

whisk

pot

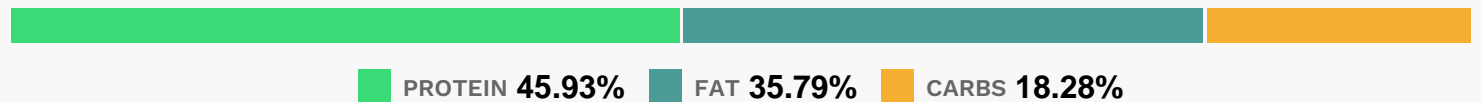
## Directions

Melt shortening in a large pot over medium heat. Cook beef in hot shortening until completely browned, 5 to 7 minutes. Stir onion, garlic, paprika, salt, and pepper into the beef; cook and stir 5 minutes more.

Pour water and steak sauce into the pot; stir until beef mixture is evenly coated. Bring the mixture to a simmer, reduce heat to low, and cook until the beef is tender, about 15 minutes.

Whisk flour into the water in a small bowl; stir into the beef mixture. Continue simmering stew until slightly thickened, 2 to 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:44.75, Glycemic Load:2.3, Inflammation Score:-8, Nutrition Score:30.463912632154%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

## Nutrients (% of daily need)

Calories: 465.17kcal (23.26%), Fat: 18.09g (27.83%), Saturated Fat: 5.52g (34.49%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 18.27g (6.64%), Sugar: 8.32g (9.24%), Cholesterol: 140.61mg (46.87%), Sodium: 1976.76mg (85.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.23g (104.46%), Selenium: 64.43µg (92.04%),

Vitamin B6: 1.66mg (82.84%), Vitamin B3: 16.22mg (81.1%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.83mg (65.53%), Phosphorus: 531.8mg (53.18%), Iron: 6.08mg (33.8%), Potassium: 1083.68mg (30.96%), Vitamin B2: 0.44mg (25.96%), Vitamin A: 1037.5IU (20.75%), Copper: 0.38mg (18.77%), Vitamin B1: 0.28mg (18.64%), Magnesium: 73.88mg (18.47%), Vitamin E: 2.28mg (15.2%), Manganese: 0.27mg (13.44%), Folate: 48.98µg (12.24%), Vitamin B5: 1.16mg (11.57%), Vitamin C: 8.33mg (10.1%), Fiber: 2.51g (10.05%), Vitamin K: 9.17µg (8.73%), Calcium: 73.7mg (7.37%)