

Veal-Pasta Stew

 Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 2 pounds stew meat
- 1 cup onion coarsely chopped
- 5 cloves garlic finely chopped
- 3 cups chicken broth (from 32-ounce carton)
- 2 cups vegetable juice
- 1 cup wine dry white (or nonalcoholic) (from 32-ounce carton)
- 1 tablespoon rosemary dried fresh chopped

- 1 tablespoon oregano dried fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 2 cups carrots sliced
- 8 ounces shells uncooked
- 2 cups zucchini sliced
- 0.5 cup water cold
- 2 tablespoons flour all-purpose

Equipment

- dutch oven

Directions

- Heat 2 tablespoons of the oil in Dutch oven over medium-high heat. Cook half of the veal in oil, stirring occasionally, until brown on all sides.
- Remove veal from Dutch oven; drain. Cook remaining veal in Dutch oven (add 1 tablespoon of the oil if necessary) until brown on all sides.
- Remove veal from Dutch oven; drain.
- Heat remaining 1 tablespoon oil in Dutch oven over medium heat. Cook onion and garlic in oil, stirring occasionally, until onion is tender. Stir in veal, broth, vegetable juice, wine, rosemary, oregano, salt, pepper and carrots.
- Heat to boiling; reduce heat to low. Cover and simmer about 1 hour or until veal is tender.
- Stir in pasta.
- Heat to boiling; reduce heat to low. Cover and simmer 10 minutes. Stir in zucchini. Cover and simmer about 5 minutes or until pasta and zucchini are tender.
- Mix water and flour; stir into veal mixture. Simmer 1 minute, stirring constantly, until slightly thickened.

Nutrition Facts



■ PROTEIN 35.91% ■ FAT 25.67% ■ CARBS 38.42%

Properties

Glycemic Index:50.1, Glycemic Load:12.29, Inflammation Score:-10, Nutrition Score:26.286956641985%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 375.39kcal (18.77%), Fat: 9.93g (15.28%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 30.02g (10.92%), Sugar: 6.6g (7.34%), Cholesterol: 72.07mg (24.02%), Sodium: 670.42mg (29.15%), Alcohol: 3.09g (100%), Alcohol %: 0.92% (100%), Protein: 31.26g (62.52%), Vitamin A: 5927.3IU (118.55%), Selenium: 50.85µg (72.65%), Vitamin B6: 0.95mg (47.49%), Vitamin B3: 9mg (45.02%), Zinc: 5.49mg (36.59%), Vitamin B12: 2.12µg (35.26%), Phosphorus: 341.28mg (34.13%), Vitamin C: 27.58mg (33.43%), Manganese: 0.57mg (28.71%), Potassium: 837.82mg (23.94%), Iron: 3.72mg (20.65%), Vitamin B2: 0.32mg (19.06%), Vitamin K: 17.53µg (16.69%), Magnesium: 61.03mg (15.26%), Vitamin B1: 0.22mg (14.42%), Fiber: 3.43g (13.72%), Copper: 0.26mg (13.19%), Folate: 43.22µg (10.81%), Vitamin B5: 0.84mg (8.4%), Calcium: 81.47mg (8.15%), Vitamin E: 1.06mg (7.03%)