



## Veal Stew

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 2 cloves garlic minced
- ☐ 4 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 2 pounds veal cubed trimmed
- ☐ 0.5 cup white wine

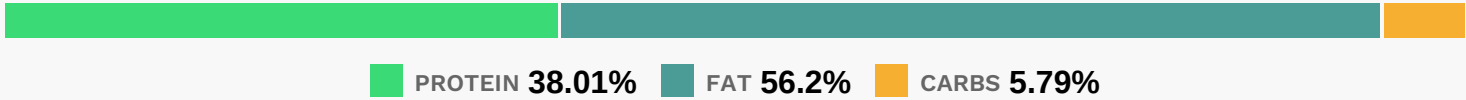
## Equipment

☐ pot

Directions

- ☐ In a large pot, heat oil over medium heat.
- ☐ Add onions and garlic; cook and stir until onion is tender.
- ☐ Add meat to the pot, and brown evenly.
- ☐ Stir in tomato sauce and white wine. Season with salt and pepper to taste. Bring to a boil, reduce heat to low, cover and simmer for 1 1/2 hours, or until tender.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:1.8, Inflammation Score:-5, Nutrition Score:24.078261209571%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 501.79kcal (25.09%), Fat: 29.56g (45.48%), Saturated Fat: 8.3g (51.85%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 5.51g (2%), Sugar: 3.49g (3.87%), Cholesterol: 185.97mg (61.99%), Sodium: 651.65mg (28.33%), Alcohol: 3.09g (100%), Alcohol %: 1.1% (100%), Protein: 44.98g (89.97%), Vitamin B3: 17.65mg (88.23%), Vitamin B6: 1.05mg (52.6%), Vitamin B12: 3.04µg (50.65%), Phosphorus: 491.38mg (49.14%), Zinc: 7.17mg (47.77%), Vitamin B2: 0.66mg (38.99%), Vitamin B5: 3.2mg (32.02%), Selenium: 19.09µg (27.27%), Potassium: 950.45mg (27.16%), Vitamin E: 3.43mg (22.86%), Magnesium: 69.07mg (17.27%), Copper: 0.33mg (16.45%), Iron: 2.67mg (14.84%), Vitamin B1: 0.21mg (14.15%), Manganese: 0.22mg (11.02%), Folate: 40.16µg (10.04%), Vitamin K: 10.27µg (9.78%), Vitamin C: 6.47mg (7.84%), Calcium: 53.96mg (5.4%), Fiber: 1.35g (5.4%), Vitamin A: 246.19IU (4.92%)