



## Venison Stew

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds stew meat cut in cubes
- 8 cups baby carrots green canned
- 8 cups water
- 4 pieces potatoes
- 1 piece onion
- 4 pieces baby carrots
- 4 stalks celery
- 1 can mushrooms

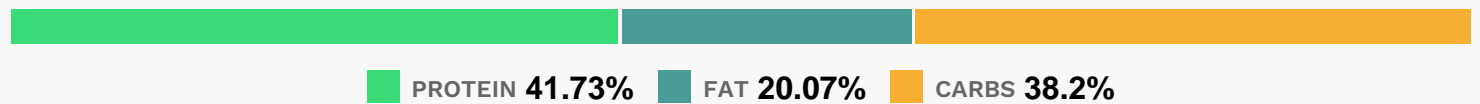
- 1 piece bell pepper green
- 1 cup flour
- 2 tablespoons beef bouillon from cube

## Equipment

## Directions

- Cut all ingredients into 1 inch pieces. Dredge venison with flour and spices. Brown venison in hot vegetable oil. Boil and simmer venison 2 hours with beef bouillon and water.
- Add remaining ingredients and simmer for 1/2 hour.
- Mix 3 tablespoons flour and 1 cup cold water and add to stew to thicken.

## Nutrition Facts



## Properties

Glycemic Index:32.54, Glycemic Load:10.41, Inflammation Score:-10, Nutrition Score:29.30652173913%

## Flavonoids

Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

## Nutrients (% of daily need)

Calories: 316.17kcal (15.81%), Fat: 6.94g (10.68%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 23.6g (8.58%), Sugar: 8.86g (9.85%), Cholesterol: 80.35mg (26.78%), Sodium: 316.32mg (13.75%), Protein: 32.47g (64.94%), Vitamin A: 20417.46IU (408.35%), Selenium: 44.25µg (63.21%), Vitamin B3: 11.14mg (55.7%), Vitamin B6: 1.1mg (54.79%), Zinc: 6.01mg (40.06%), Vitamin B12: 2.4µg (40.01%), Phosphorus: 365.8mg (36.58%), Iron: 5.1mg (28.35%), Potassium: 950.22mg (27.15%), Folate: 104.53µg (26.13%), Fiber: 6.13g (24.51%), Vitamin C: 19.47mg (23.6%), Vitamin B1: 0.34mg (22.87%), Vitamin K: 23.44µg (22.33%), Manganese: 0.44mg (22.19%), Vitamin B2: 0.38mg (22.09%), Copper: 0.41mg (20.66%), Magnesium: 61.25mg (15.31%), Vitamin B5: 1.48mg (14.8%), Calcium: 99.26mg (9.93%), Vitamin E: 0.53mg (3.53%)