

Venison Stew II

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 0.5 teaspoon thyme dried
- 0.3 cup flour all-purpose
- 2 cloves garlic minced
- 3 onion chopped
- 1 pound parsnips chopped
- 7 small potatoes peeled quartered
- 1 tablespoon salt

- 2 pounds stew meat
- 2 tablespoons vegetable oil
- 0.3 cup water
- 3 cups water
- 1 tablespoon worcestershire sauce

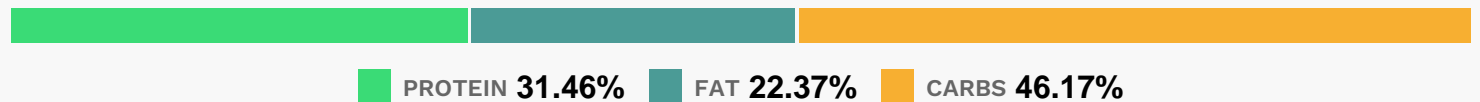
Equipment

- pot

Directions

- In a large soup pot, deeply brown the meat in oil. Stir in onions, garlic. Worcestershire sauce, bay leaf, thyme, salt and 3 cups of water. Simmer, covered, for 1 1/2 to 2 hours, or until meat is tender.
- Stir in potatoes and parsnips; cook until tender.
- Combine flour and 1/4 cup water. Stir into the stew.
- Remove bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:33.47, Glycemic Load:25.96, Inflammation Score:-7, Nutrition Score:26.323913094142%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg

Nutrients (% of daily need)

Calories: 379.56kcal (18.98%), Fat: 9.42g (14.49%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 36.83g (13.39%), Sugar: 5.86g (6.51%), Cholesterol: 70.31mg (23.44%), Sodium: 984.48mg (42.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.59%), Vitamin B6: 1.29mg (64.57%), Vitamin C: 42.54mg (51.57%), Vitamin B3: 9.93mg (49.64%), Selenium: 34.53µg (49.33%), Phosphorus: 387.59mg (38.76%),

Potassium: 1310.71mg (37.45%), Zinc: 5.61mg (37.4%), Vitamin B12: 2.1µg (34.96%), Manganese: 0.66mg (33.08%),
Fiber: 6.9g (27.6%), Iron: 4.31mg (23.97%), Vitamin K: 24.48µg (23.31%), Folate: 91.9µg (22.98%), Vitamin B1: 0.33mg
(21.9%), Magnesium: 84.46mg (21.11%), Copper: 0.38mg (19.23%), Vitamin B2: 0.29mg (17.16%), Vitamin B5: 1.35mg
(13.47%), Vitamin E: 1.5mg (9.97%), Calcium: 78.22mg (7.82%)