



19%
HEALTH SCORE

Wyoming Stew

 Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound stew meat cubed
- 14.5 ounce chicken broth canned
- 10.8 ounce cream of chicken soup canned
- 1 ounce onion soup mix dry
- 2 teaspoons goat meat
- 10 ounce regular crescent rolls refrigerated canned
- 16 ounce stew meat frozen

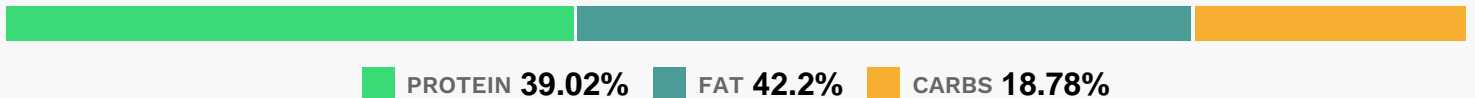
Equipment

- bowl
- frying pan
- oven
- meat tenderizer

Directions

- Heat a cast-iron skillet over medium-high heat.
- Sprinkle meat tenderizer over beef cubes, and cook in the hot skillet until browned.
- Drain off any excess juice. In a small bowl, mix together the chicken broth, cream of chicken soup and onion soup mix.
- Pour over the meat, reduce heat to low, and simmer for 45 minutes.
- Preheat the oven to 350 degrees F (175 degrees C).
- Add the frozen stew vegetables to the skillet, and simmer for 10 more minutes. Unroll the crescent roll dough, and arrange to cover the top of the pan like a pie.
- Bake for 10 to 15 minutes in the preheated oven, or until the top is golden brown.
- Remove from oven and serve.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:1.17, Inflammation Score:-3, Nutrition Score:16.510869709694%

Nutrients (% of daily need)

Calories: 423.92kcal (21.2%), Fat: 19.65g (30.23%), Saturated Fat: 6.93g (43.3%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 19.44g (7.07%), Sugar: 3.91g (4.35%), Cholesterol: 99.83mg (33.28%), Sodium: 1142.8mg (49.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.87g (81.74%), Selenium: 42.16µg (60.23%), Vitamin B3: 9.23mg (46.13%), Vitamin B12: 2.61µg (43.57%), Vitamin B6: 0.87mg (43.4%), Zinc: 6.16mg (41.06%), Phosphorus: 344.3mg (34.43%), Iron: 3.9mg (21.68%), Vitamin B2: 0.26mg (15.37%), Potassium: 514.08mg (14.69%), Magnesium: 40.95mg (10.24%), Copper: 0.2mg (9.92%), Vitamin B1: 0.12mg (8.07%), Vitamin B5: 0.62mg (6.15%), Vitamin E: 0.72mg (4.78%), Folate: 16.58µg (4.15%), Vitamin K: 4.16µg (3.96%), Calcium: 39.2mg (3.92%), Manganese: 0.07mg (3.28%), Vitamin A: 161.18IU (3.22%)