

Angus Meatball Stew

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Servings: 6

16 1-1/2 ounce Cooked Perfect meatballs, cut in half
1 pound potatoes, diced
1/2 cup onion, diced
1/2 cup mushrooms, sliced
1/2 cup carrots, sliced
1/2 cup celery, sliced
2 jars (12 ounce) brown gravy
2 tablespoons Dijon mustard
1/8 cup Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon pepper
1/8 teaspoon powdered cloves

Cook Time: 25 minutes

Boil the vegetables until soft and then drain.

In a four-quart saucepan, combine the meatballs, vegetables, gravy, mustard, Worcestershire sauce, salt, pepper and cloves.

Simmer for 25 minutes.

Let stand for 3 to 5 minutes before serving.

Per Serving (excluding unknown items): 105 Calories; 1g Fat (7.8% calories from fat); 3g Protein; 22g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 664mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	105
% Calories from Fat:	7.8%
% Calories from Carbohydrates:	80.7%
% Calories from Protein:	11.6%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	1mg
Carbohydrate (g):	22g
Dietary Fiber (g):	2g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	18mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1
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Protein (g): 3g
Sodium (mg): 664mg
Potassium (mg): 583mg
Calcium (mg): 49mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 26mg
Vitamin A (i.u.): 3033IU
Vitamin A (r.e.): 304 1/2RE

Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 105 Calories from Fat: 8

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	2%
Cholesterol	1mg	0%
Sodium	664mg	28%
Total Carbohydrates	22g	7%
Dietary Fiber	2g	9%
Protein	3g	

Vitamin A	61%
Vitamin C	44%
Calcium	5%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.