



WHATSheATE



Abuelita's Ropa Vieja



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds flank steak boneless trimmed
- ☐ 1 tablespoon vegetable oil
- ☐ 2 medium bell peppers green chopped
- ☐ 3 cloves garlic chopped
- ☐ 1 jar margherita smooth pasta sauce ragu® old world style® (1 lb. 10 oz.)
- ☐ 2 teaspoons oregano leaves dried crushed
- ☐ 2 teaspoons paprika
- ☐ 0.5 cup cooking wine dry white

- ☐ 3 teaspoons beef flavor bouillon divided knorr®
- ☐ 1 cup water

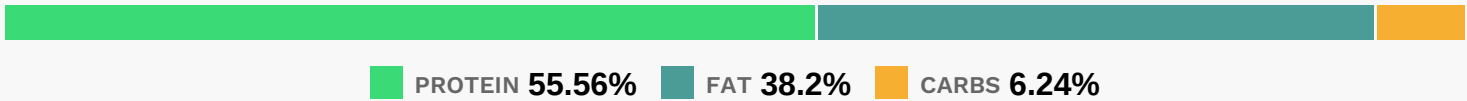
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Season brisket with 2 teaspoons Knorr® Beef flavor Bouillon.
- ☐ Heat oil in 6-quart saucepot or Dutch oven over medium-high heat and brown brisket.
- ☐ Remove brisket and set aside.Cook green peppers in same saucepot, stirring occasionally, 4 minutes or until tender. Stir in garlic and cook 30 seconds. Stir in remaining ingredients.
- ☐ Add brisket. Bring to a boil over high heat. Reduce heat to low and simmer covered, stirring occasionally, 3-1/2 hours or until brisket is tender.
- ☐ Remove from heat.
- ☐ Remove brisket and cool slightly. Shred brisket with two forks, then return to in sauce mixture; heat through.
- ☐ Serve, if desired, over hot cooked rice.Preparation time: 15 Minute(s)Cook time: 45 Minute(s)

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:19.104782767918%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 258.56kcal (12.93%), Fat: 10.11g (15.55%), Saturated Fat: 3.55g (22.19%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 2.48g (0.9%), Sugar: 1.27g (1.41%), Cholesterol: 90.72mg (30.24%), Sodium: 95.05mg (4.13%), Alcohol: 2.06g (100%), Alcohol %: 1.01% (100%), Protein: 33.07g (66.14%), Selenium: 44.93µg (64.19%), Vitamin B6: 1.05mg (52.72%), Vitamin B3: 9.78mg (48.88%), Zinc: 5.94mg (39.59%), Vitamin C: 32.38mg (39.25%), Phosphorus: 323.21mg (32.32%), Vitamin B12: 1.38µg (22.96%), Potassium: 631.09mg (18.03%), Iron: 2.94mg (16.31%), Vitamin K: 13.7µg (13.05%), Vitamin B2: 0.2mg (11.89%), Magnesium: 43.32mg (10.83%), Vitamin B5: 1.03mg (10.35%), Vitamin A: 486.6IU (9.73%), Vitamin B1: 0.14mg (9.28%), Manganese: 0.16mg (8%), Copper: 0.16mg (7.89%), Vitamin E: 1.1mg (7.35%), Folate: 25.97µg (6.49%), Calcium: 53.82mg (5.38%), Fiber: 1.23g (4.92%)