



Beef and Chili Topping



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



80 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 pound top sirloin beef thick (1 in.)
- ☐ 8 servings bell pepper
- ☐ 3 poblano chilies fresh (also called pasilla) (9 oz. total)
- ☐ 8 servings salt

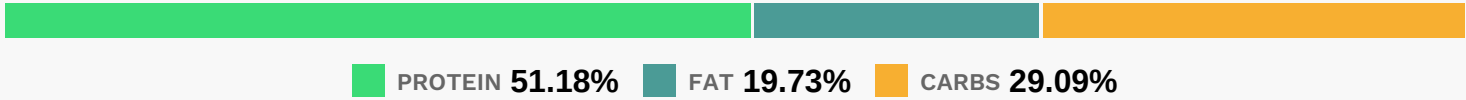
Equipment

- ☐ grill

Directions

- ☐
- Lay chilies and beef on a barbecue grill over a solid bed of hot coals or on a gas grill over high heat (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Turn chilies as needed to brown and blister all sides, 5 to 7 minutes. Cook beef, turning once, until browned and rare in center of thickest part (cut to test), 8 to 10 minutes, longer for medium or well done. Pull stems, seeds, and skins off chilies and discard. Coarsely chop beef and chilies, and mix together.
- ☐
- Add salt and pepper to taste. Use warm or cool.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:14.47956528871%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 80.13kcal (4.01%), Fat: 1.8g (2.77%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 4.16g (1.51%), Sugar: 4.02g (4.47%), Cholesterol: 25.09mg (8.36%), Sodium: 222.1mg (9.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.52g (21.05%), Vitamin C: 119.61mg (144.98%), Vitamin A: 2493.24IU (49.86%), Vitamin B6: 0.57mg (28.46%), Selenium: 13.26µg (18.94%), Vitamin B3: 3.69mg (18.45%), Zinc: 1.93mg (12.88%), Phosphorus: 116.35mg (11.64%), Folate: 43.68µg (10.92%), Potassium: 363.38mg (10.38%), Vitamin E: 1.41mg (9.42%), Vitamin B2: 0.13mg (7.58%), Fiber: 1.82g (7.27%), Vitamin B12: 0.4µg (6.66%), Iron: 1.18mg (6.56%), Vitamin K: 6.48µg (6.17%), Manganese: 0.12mg (6.01%), Magnesium: 22.61mg (5.65%), Vitamin B1: 0.08mg (5.62%), Vitamin B5: 0.55mg (5.48%), Copper: 0.07mg (3.37%), Calcium: 17.05mg (1.71%)