

Beef Carnitas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef stew meat trimmed cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 3 garlic cloves crushed
- ☐ 1 cup less-sodium beef broth
- ☐ 1 cup onion chopped
- ☐ 1 large orange wedge unpeeled
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon sugar

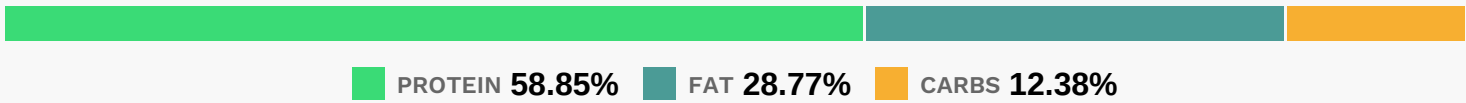
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; saut 4 minutes or until tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Add beef; saut 5 minutes or until beef is browned on all sides. Stir in broth, sugar, salt, and pepper; nestle orange section into beef mixture. Bring to a boil. Cover, reduce heat, and simmer 1 hours or until beef is tender.
- ☐ Remove and discard orange. Continue simmering, uncovered, 8 minutes or until liquid almost evaporates, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:1.79, Inflammation Score:-4, Nutrition Score:14.22000002861%

Flavonoids

Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg Naringenin: 3.52mg, Naringenin: 3.52mg, Naringenin: 3.52mg, Naringenin: 3.52mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 183.4kcal (9.17%), Fat: 5.7g (8.76%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 4.56g (1.66%), Sugar: 3.52g (3.91%), Cholesterol: 70.31mg (23.44%), Sodium: 339.56mg (14.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.45%), Selenium: 31.82µg (45.45%), Vitamin B6: 0.79mg (39.74%), Vitamin B3: 7.77mg (38.86%), Vitamin B12: 2.1µg (34.96%), Zinc: 4.79mg (31.91%), Phosphorus: 254.92mg (25.49%), Vitamin C: 14.07mg (17.05%), Potassium: 524.52mg (14.99%), Iron: 2.44mg (13.58%), Vitamin B2: 0.2mg (11.68%), Vitamin B1: 0.14mg (9.15%), Magnesium: 31.99mg (8%), Copper: 0.13mg (6.7%), Folate: 25.51µg

(6.38%), Vitamin B5: 0.58mg (5.84%), Fiber: 0.96g (3.84%), Calcium: 37.93mg (3.79%), Manganese: 0.07mg (3.45%), Vitamin E: 0.43mg (2.89%), Vitamin A: 89.31IU (1.79%), Vitamin K: 1.59µg (1.52%)