



Beef Goulash

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.8 teaspoon pepper black divided freshly ground
- 1 tablespoon butter
- 0.5 teaspoon caraway seeds crushed
- 1.5 pounds chuck roast boneless trimmed cut into 1-inch pieces
- 1 ounce flour all-purpose
- 2 garlic cloves minced
- 1 tablespoon juice of lemon fresh
- 14 ounce less-sodium beef broth fat-free canned

- 4 cups onion chopped (2 large)
- 2 tablespoons paprika
- 1 cup plum tomatoes chopped (3)
- 1 tablespoon red wine vinegar
- 1.3 teaspoons salt divided
- 0.5 cup water
- 1 pound yukon gold red cubed peeled

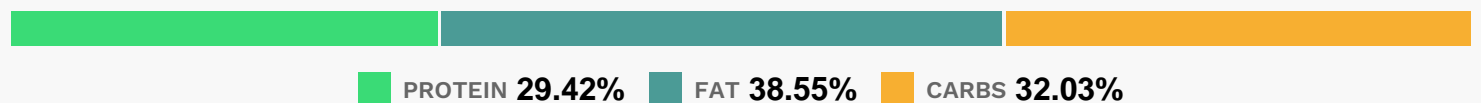
Equipment

- frying pan
- dutch oven

Directions

- Dredge beef in flour; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Melt butter in a Dutch oven over medium-high heat.
- Add beef; cook 8 minutes, browning on all sides.
- Remove beef from pan.
- Add onion and garlic to pan; saut 10 minutes or until lightly browned. Stir in paprika and vinegar; cook for 2 minutes. Return beef to pan.
- Add the tomato, caraway seeds, and bay leaves; cook 3 minutes.
- Add 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/2 cup water, and broth; bring to a boil. Cover, reduce heat, and simmer 1 hour and 45 minutes.
- Add potato; cover and cook 1 hour and 15 minutes or until very tender. Stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and juice. Discard bay leaves.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:4.05, Inflammation Score:-8, Nutrition Score:16.942173887854%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.8mg, Quercetin: 16.8mg, Quercetin: 16.8mg, Quercetin: 16.8mg

Nutrients (% of daily need)

Calories: 266.43kcal (13.32%), Fat: 11.7g (17.99%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 18.36g (6.68%), Sugar: 5.15g (5.72%), Cholesterol: 62.45mg (20.82%), Sodium: 551.7mg (23.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.16%), Zinc: 6.89mg (45.96%), Vitamin B12: 2.32µg (38.75%), Vitamin B6: 0.59mg (29.62%), Selenium: 19.67µg (28.1%), Potassium: 880.62mg (25.16%), Vitamin B3: 5mg (24.99%), Phosphorus: 237.85mg (23.78%), Vitamin A: 1171.86IU (23.44%), Vitamin C: 15.87mg (19.24%), Iron: 3.04mg (16.89%), Manganese: 0.32mg (15.98%), Fiber: 3.51g (14.03%), Vitamin B1: 0.19mg (12.41%), Vitamin B2: 0.21mg (12.34%), Magnesium: 45.02mg (11.26%), Copper: 0.2mg (10.16%), Folate: 40.28µg (10.07%), Vitamin B5: 0.88mg (8.76%), Vitamin K: 7.43µg (7.08%), Vitamin E: 0.9mg (6.02%), Calcium: 50.6mg (5.06%)