

Beef Paprika

 Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef chuck lean trimmed cut into 1 inch cubes
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.8 cup catsup
- ☐ 0.5 teaspoon ground mustard
- ☐ 1 cup onion chopped
- ☐ 2 teaspoons paprika

- ☐ 2 teaspoons salt
- ☐ 0.3 cup shortening
- ☐ 0.3 cup water
- ☐ 2 tablespoons worcestershire sauce

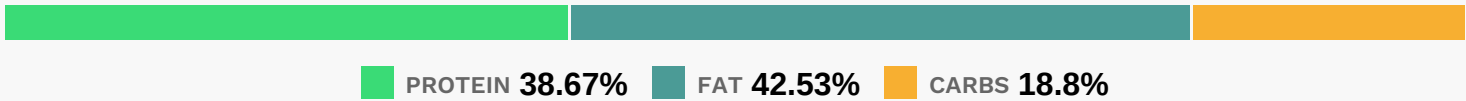
Equipment

- ☐ frying pan

Directions

- ☐ Melt shortening in large skillet over medium high heat.
- ☐ Add meat, onion, and garlic; cook and stir until meat is browned.
- ☐ Stir in ketchup, Worcestershire sauce, brown sugar, salt, paprika, mustard and 1 1/2 cup water. Reduce heat, cover, and simmer 2 to 2 1/2 hours.
- ☐ Blend flour and 1/4 cup water. Stir into meat.
- ☐ Heat to boiling, stirring constantly.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:1.5, Inflammation Score:-4, Nutrition Score:13.521739182265%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 261.11kcal (13.06%), Fat: 12.25g (18.84%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 11.52g (4.19%), Sugar: 7.59g (8.43%), Cholesterol: 70.31mg (23.44%), Sodium: 917.84mg (39.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.11%), Vitamin B12: 2.54µg (42.34%), Zinc: 5.9mg (39.34%), Vitamin B3: 6.78mg (33.88%), Selenium: 21.01µg (30.01%), Vitamin B6: 0.52mg (26.07%), Phosphorus:

243.99mg (24.4%), Iron: 3.28mg (18.2%), Potassium: 536.73mg (15.34%), Vitamin B2: 0.25mg (14.53%), Vitamin B5: 0.83mg (8.33%), Magnesium: 32.51mg (8.13%), Vitamin E: 1.2mg (8%), Vitamin A: 365.52IU (7.31%), Copper: 0.13mg (6.66%), Vitamin B1: 0.08mg (5.37%), Vitamin K: 4.97µg (4.73%), Manganese: 0.09mg (4.6%), Folate: 15.74µg (3.93%), Vitamin C: 3.09mg (3.74%), Calcium: 27.06mg (2.71%), Fiber: 0.66g (2.62%)