



Beef Tagine with Dried Plums and Toasted Almonds



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups plums dried pitted
- ☐ 3 tablespoons honey
- ☐ 14 ounce less-sodium beef broth canned
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onions chopped (2 medium)
- ☐ 2 teaspoons ras el hanout spice mix
- ☐ 1.5 teaspoons salt

- ☐ 1.5 pounds rump steak boneless cut into 1-inch cubes
- ☐ 0.3 cup slivered almonds toasted
- ☐ 1 cup water

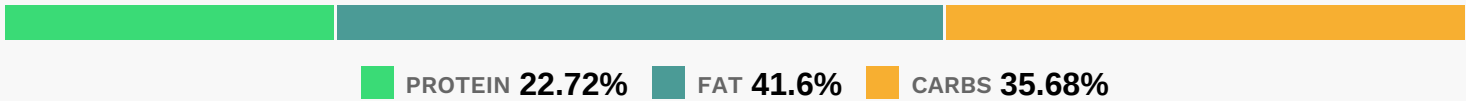
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 42
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add Ras el Hanout; cook 30 seconds, stirring constantly.
- ☐ Add beef; cook 3 minutes.
- ☐ Add onions, water, salt, and broth. Cover and bake at 425 for 1 hour. Stir in dried plums and honey; cook 15 minutes.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:20.55, Glycemic Load:12.84, Inflammation Score:-6, Nutrition Score:18.194782650989%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

11.63mg, Quercetin: 11.63mg, Quercetin: 11.63mg, Quercetin: 11.63mg

Nutrients (% of daily need)

Calories: 470.66kcal (23.53%), Fat: 22.38g (34.43%), Saturated Fat: 7.44g (46.48%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 38.14g (13.87%), Sugar: 27.74g (30.83%), Cholesterol: 63.5mg (21.17%), Sodium: 769.54mg (33.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.5g (55%), Vitamin B12: 3.15µg (52.54%), Vitamin K: 31.65µg (30.14%), Vitamin B6: 0.6mg (30.09%), Zinc: 4.24mg (28.23%), Selenium: 19.47µg (27.81%), Phosphorus: 273.06mg (27.31%), Potassium: 936.97mg (26.77%), Vitamin B3: 5.26mg (26.28%), Vitamin B2: 0.38mg (22.08%), Fiber: 5.05g (20.2%), Manganese: 0.39mg (19.69%), Iron: 3.33mg (18.48%), Magnesium: 64.47mg (16.12%), Copper: 0.31mg (15.46%), Vitamin E: 2.19mg (14.61%), Vitamin B1: 0.17mg (11.57%), Vitamin A: 352.2IU (7.04%), Calcium: 66.76mg (6.68%), Vitamin B5: 0.64mg (6.42%), Folate: 23.11µg (5.78%), Vitamin C: 4.28mg (5.18%)