



 **75%**  
HEALTH SCORE

## Beef With Potato Tagine

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**107 min.**

SERVINGS



**3**

CALORIES



**406 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon allspice
- 1 beef bouillon cubes
- 1 lb stew meat
- 0.5 teaspoon pepper fresh black
- 0.1 teaspoon ground pepper
- 0.5 teaspoon cinnamon
- 1 tablespoon cilantro leaves fresh finely chopped
- 1 tablespoon parsley fresh finely chopped

- 0.5 teaspoon garlic powder
- 0.5 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 tablespoon olive oil
- 0.5 onion chopped
- 0.5 tablespoon paprika
- 2 medium potatoes peeled cut into wedges
- 0.5 teaspoon salt
- 2 tablespoons tomato paste
- 1 medium tomatoes chopped
- 2.5 cups water

## Equipment

- tajine pot

## Directions

- Let the cubes sit in the fridge for at least 1 hour before cooking.
- Heat the oil over medium-low heat in a tagine. Brown the beef & onion for 7 minutes. Stir in the water, bouillon, tomato paste, 1/2 tsp spice mix, parsley & cilantro. Cover with the lid & cook for 30 minutes. Uncover the tagine, stir in the tomato & another cup of water if needed.
- Sprinkle the potato wedges with reserve spice mix.
- Place the potatoes on top of the meat then recover & cook for another hour.

## Nutrition Facts



**PROTEIN 37.77%** **FAT 29.36%** **CARBS 32.87%**

## Properties

Glycemic Index:122.25, Glycemic Load:19.84, Inflammation Score:-8, Nutrition Score:31.276087014571%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

## **Nutrients (% of daily need)**

Calories: 406.24kcal (20.31%), Fat: 13.31g (20.48%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 27.76g (10.1%), Sugar: 4.66g (5.18%), Cholesterol: 93.8mg (31.27%), Sodium: 903.71mg (39.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.55g (77.09%), Vitamin B6: 1.53mg (76.72%), Vitamin B3: 12.62mg (63.12%), Selenium: 43.89µg (62.71%), Vitamin C: 39.65mg (48.06%), Zinc: 7.12mg (47.5%), Vitamin B12: 2.81µg (46.84%), Phosphorus: 454.34mg (45.43%), Potassium: 1448.99mg (41.4%), Iron: 6.66mg (37.01%), Vitamin K: 35.89µg (34.18%), Manganese: 0.57mg (28.4%), Vitamin A: 1268.05IU (25.36%), Magnesium: 97mg (24.25%), Fiber: 5.78g (23.12%), Copper: 0.45mg (22.51%), Vitamin B1: 0.31mg (20.65%), Vitamin B2: 0.35mg (20.4%), Vitamin E: 2.28mg (15.22%), Folate: 57.12µg (14.28%), Vitamin B5: 1.2mg (12.03%), Calcium: 101.59mg (10.16%)