



Beef with Spicy Cocoa Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons ancho chile powder
- 0.1 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced organic undrained canned (such as Muir Glen)
- 0.5 cup cooking wine dry red
- 2.3 ounces flour all-purpose
- 1.5 teaspoons garlic powder
- 0.5 cup bell pepper green chopped
- 0.1 teaspoon ground cinnamon

- 1 tablespoon ground coriander
- 1.5 teaspoons ground cumin
- 2 cups less-sodium beef broth fat-free
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 1.5 teaspoons oregano dried
- 1.5 teaspoons paprika
- 1 teaspoon salt
- 1.5 pounds top round steak trimmed cut into 1-inch cubes
- 1 tablespoon cocoa unsweetened

Equipment

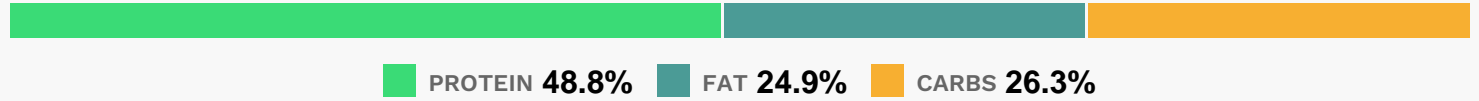
- bowl
- frying pan
- knife
- whisk
- measuring cup
- dutch oven

Directions

- Combine unsweetened cocoa and next 7 ingredients (through cinnamon) in a large bowl.
- Add beef; toss to coat.
- Remove beef from bowl. Lightly spoon flour into a dry measuring cup; level with a knife.
- Add flour to cocoa mixture; stir with a whisk. Return beef to bowl; toss to coat.
- Heat olive oil in a Dutch oven over medium-high heat.
- Add beef mixture to pan; saut 5 minutes, turning to brown on all sides.
- Remove beef from pan.
- Add onion and green bell pepper to pan; saut 5 minutes or until tender.

- Add red wine and tomatoes; cook 3 minutes. Stir in beef broth, salt, and black pepper; return meat to pan. Cover, reduce heat, and simmer 1 hour and 10 minutes or until beef is tender, stirring occasionally.
- Garnish each serving with fresh oregano, if desired.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:6.24, Inflammation Score:-8, Nutrition Score:18.463912943135%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 263.87kcal (13.19%), Fat: 6.83g (10.51%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 13.62g (4.95%), Sugar: 2.63g (2.92%), Cholesterol: 69.17mg (23.06%), Sodium: 723.93mg (31.48%), Alcohol: 2.1g (100%), Alcohol %: 0.82% (100%), Protein: 30.13g (60.25%), Selenium: 40.55µg (57.93%), Vitamin B3: 8.7mg (43.5%), Vitamin B6: 0.86mg (43.03%), Zinc: 5.5mg (36.64%), Phosphorus: 290.87mg (29.09%), Vitamin B12: 1.53µg (25.51%), Iron: 4.19mg (23.3%), Potassium: 704.95mg (20.14%), Vitamin C: 12.45mg (15.09%), Vitamin A: 729.98IU (14.6%), Vitamin B2: 0.25mg (14.53%), Vitamin B1: 0.22mg (14.49%), Manganese: 0.25mg (12.38%), Magnesium: 45.67mg (11.42%), Copper: 0.21mg (10.54%), Fiber: 2.62g (10.49%), Folate: 41.35µg (10.34%), Vitamin B5: 0.88mg (8.75%), Vitamin E: 1.17mg (7.81%), Vitamin K: 7.94µg (7.56%), Calcium: 75.27mg (7.53%)