



Beef with Spicy Cocoa Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ancho chili powder
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced organic undrained canned (such as Muir Glen)
- ☐ 0.5 cup 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 cumin
- ☐ 2 cups 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 trimmed cut into 1-inch cubes
- ☐ 1 tablespoon cocoa powder unsweetened

Equipment

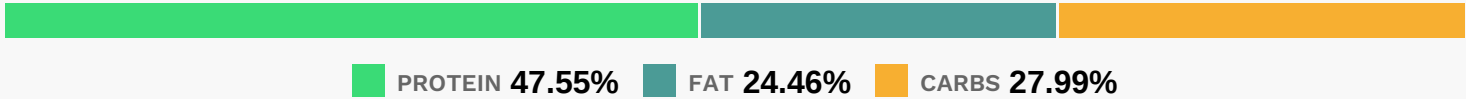
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ dutch oven

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:36.17, Glycemic Load:7.64, Inflammation Score:0, Nutrition Score:21.234347716622%

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: 270.04kcal (13.5%), Fat: 7.02g (10.81%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 14.68g (5.34%), Sugar: 4.06g (4.51%), Cholesterol: 69.17mg (23.06%), Sodium: 708.85mg (30.82%), Alcohol: 2.1g (100%), Alcohol %: 0.82% (100%), Protein: 30.72g (61.45%), Selenium: 40.96µg (58.51%), Vitamin B6: 0.96mg (48.17%), Vitamin B3: 9.54mg (47.69%), Zinc: 5.68mg (37.88%), Phosphorus: 312.79mg (31.28%), Iron: 4.71mg (26.19%), Potassium: 905.68mg (25.88%), Vitamin B12: 1.53µg (25.51%), Vitamin C: 17.52mg (21.23%), Manganese: 0.37mg (18.65%), Vitamin B1: 0.27mg (17.91%), Copper: 0.34mg (16.81%), Vitamin B2: 0.28mg (16.62%), Magnesium: 59.37mg (14.84%), Fiber: 3.4g (13.59%), Vitamin E: 2.03mg (13.52%), Folate: 50.26µg (12.57%), Vitamin A: 603.23IU (12.06%), Vitamin K: 11.57µg (11.02%), Vitamin B5: 1.07mg (10.66%), Calcium: 78.01mg (7.8%)