

## Beefy de Beef Pan

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

READY IN



**30 min.**

SERVINGS



**2**

CALORIES



**1099 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 200 g cabbage
- 600 g ground beef
- 50 ml catsup
- 3 tbsp marjoram
- 2 servings olive oil
- 0.5 onion
- 5 onion
- 2 servings bell pepper

- 4 servings peppercorns
- 3 tablespoons rosemary
- 2 servings salt

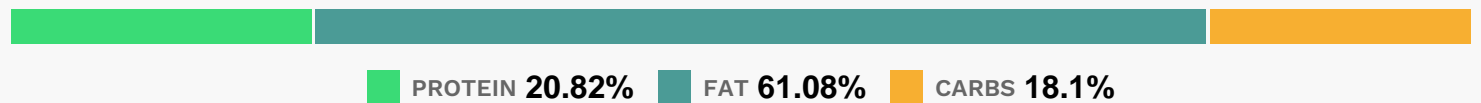
## Equipment

- frying pan

## Directions

- Fry the onion in a pan and add the beef once the onion turns crispy. In a separate pan, start frying the finely cut cabbage until it is getting brown.
- Add the peppercorns to the now crispy beef and add the ketchup to the beef pan. Stir until beef is thinly coated with the tomato goodness.
- Add the salt, pepper, rosemary, and majoram to the beef pan and blend the spices in. Finally, add the cabbage to the beef pan, stir, serve, and feast

## Nutrition Facts



## Properties

Glycemic Index:116, Glycemic Load:9.33, Inflammation Score:-10, Nutrition Score:52.425217172374%

## Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 15.16mg, Isorhamnetin: 15.16mg, Isorhamnetin: 15.16mg, Isorhamnetin: 15.16mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 62.08mg, Quercetin: 62.08mg, Quercetin: 62.08mg, Quercetin: 62.08mg

## Nutrients (% of daily need)

Calories: 1098.6kcal (54.93%), Fat: 75.35g (115.93%), Saturated Fat: 25.42g (158.89%), Carbohydrates: 50.24g (16.75%), Net Carbohydrates: 38.15g (13.87%), Sugar: 24.67g (27.42%), Cholesterol: 213mg (71%), Sodium: 662.03mg (28.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.8g (115.59%), Vitamin C: 158.53mg (192.16%), Vitamin K: 114.58µg (109.12%), Vitamin B12: 6.42µg (107%), Zinc: 13.68mg (91.18%), Vitamin B6: 1.8mg (90.06%), Vitamin B3: 14.52mg (72.58%), Selenium: 47.42µg (67.74%), Phosphorus: 626.75mg (62.68%), Iron: 10.6mg (58.86%), Vitamin A: 2877.26IU (57.55%), Manganese: 1.14mg (56.94%), Potassium: 1744.33mg (49.84%),

Fiber: 12.09g (48.38%), Folate: 174.56µg (43.64%), Vitamin B2: 0.7mg (40.92%), Vitamin E: 5.07mg (33.79%), Magnesium: 124.33mg (31.08%), Calcium: 270.86mg (27.09%), Vitamin B1: 0.4mg (26.47%), Vitamin B5: 2.37mg (23.66%), Copper: 0.43mg (21.32%), Vitamin D: 0.3µg (2%)