



Bottom Round Roast with Creamy Coconut Sauce

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 culantro leaves finely chopped (recao)
- 2 lb beef bottom round roast boneless
- 1 cup coconut milk
- 0.5 cup baker's angel flake coconut toasted
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup onion finely chopped
- 0.5 cup peas frozen

5 pasilla peppers sweet seeded chopped (aji criollo)

Equipment

sauce pan

Directions

Heat dressing in large saucepan. Cook meat; turning to brown on all sides.

Add onion, peppers and culantro; cook 2 min.

Add coconut milk; bring to boil. Cover. Reduce heat; simmer 1-1/2 hours or until meat is tender and reaches an internal temperature of 165F.

Stir in frozen peas; cook 2 min.

Sprinkle each serving with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:26.29, Glycemic Load:1.55, Inflammation Score:-6, Nutrition Score:21.533478467361%

Flavonoids

Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 293.43kcal (14.67%), Fat: 16.8g (25.85%), Saturated Fat: 10.58g (66.13%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 5.82g (2.12%), Sugar: 3.91g (4.35%), Cholesterol: 70.31mg (23.44%), Sodium: 145.38mg (6.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.83%), Vitamin C: 64.69mg (78.41%), Vitamin B6: 0.96mg (48.18%), Selenium: 32.76µg (46.8%), Vitamin B3: 8.45mg (42.24%), Vitamin B12: 2.1µg (34.96%), Zinc: 5.22mg (34.77%), Phosphorus: 310.77mg (31.08%), Manganese: 0.52mg (26.19%), Iron: 3.88mg (21.55%), Potassium: 653.33mg (18.67%), Copper: 0.29mg (14.39%), Magnesium: 56.92mg (14.23%), Vitamin K: 14.83µg (14.12%), Vitamin B2: 0.22mg (13.12%), Vitamin B1: 0.19mg (12.52%), Fiber: 2.83g (11.32%), Folate: 34.71µg (8.68%), Vitamin A: 381.1IU (7.62%), Vitamin B5: 0.68mg (6.78%), Vitamin E: 0.83mg (5.51%), Calcium: 41.3mg (4.13%)