



## Caldillo

 **Gluten Free**  **Dairy Free**

READY IN



49 min.

SERVINGS



6

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 29 ounce canned tomatoes diced with zesty mild green chilies (such as del monte), undrained canned
- 1 teaspoon ground cumin
- 8 ounce onion refrigerated
- 1 pound sirloin steak boneless thick cut into bite-sized pieces ()
- 3 cups water
- 3 cups potatoes - remove skin red cubed unpeeled ()

## Equipment

dutch oven

## Directions

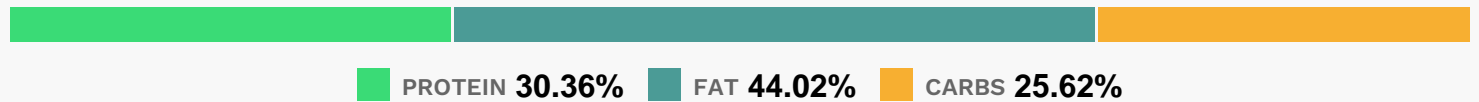
Coat beef with cooking spray. Cook beef in a large Dutch oven coated with cooking spray over high heat 3 minutes; stir in onion. Cook 5 minutes or until liquid evaporates and beef and onion are browned.

Stir in 3 cups water, tomatoes, and cumin; cover and bring to a boil. Reduce heat to medium; simmer 20 minutes.

Add potato; cover and simmer 10 minutes or until potato is tender.

Remove from heat; stir in cilantro, if desired.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.79, Inflammation Score:-5, Nutrition Score:13.432173822237%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

## Nutrients (% of daily need)

Calories: 233.74kcal (11.69%), Fat: 11.55g (17.76%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 12.44g (4.52%), Sugar: 5.36g (5.95%), Cholesterol: 42.34mg (14.11%), Sodium: 69.26mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.83%), Vitamin B12: 2.1µg (35.03%), Vitamin B6: 0.55mg (27.5%), Vitamin C: 18.79mg (22.78%), Vitamin B3: 4.21mg (21.05%), Potassium: 722.97mg (20.66%), Phosphorus: 193.08mg (19.31%), Zinc: 2.89mg (19.25%), Iron: 3.42mg (19.02%), Selenium: 13µg (18.58%), Vitamin B2: 0.23mg (13.79%), Vitamin B1: 0.19mg (12.47%), Copper: 0.24mg (12.05%), Manganese: 0.23mg (11.4%), Magnesium: 44.63mg (11.16%), Fiber: 2.69g (10.74%), Folate: 29.46µg (7.37%), Calcium: 66.11mg (6.61%), Vitamin E: 0.95mg (6.36%), Vitamin B5: 0.55mg (5.47%), Vitamin K: 5.23µg (4.98%), Vitamin A: 167.93IU (3.36%)