



Carne con Chile Rojo



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 chile de arbol peppers fresh chopped
- ☐ 2 pounds beef chuck cut into 1/4-inch slices
- ☐ 1 clove garlic
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cube tomato-flavored bouillon
- ☐ 2 tomatoes chopped
- ☐ 2 teaspoons vegetable oil

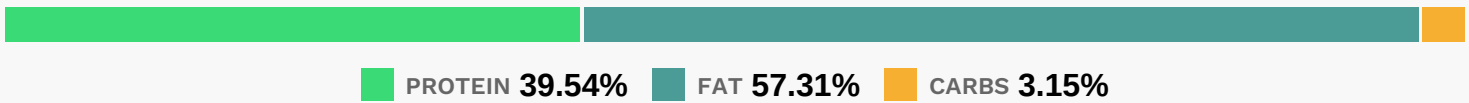
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ microwave

Directions

- ☐ Cook the tomatoes and peppers together in a small saucepan, or in the microwave until softened.
- ☐ Place into the bowl of a blender with the garlic clove, and puree until smooth.
- ☐ Meanwhile, heat the vegetable oil in a large skillet over medium-high heat. Season the beef with salt and pepper to taste, then fry in the skillet until no longer pink.
- ☐ Once cooked, pour in the tomato puree, and add the bouillon cube. Stir until the bouillon cube dissolves, then cook for 3 minutes.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:17.963043637898%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 296.27kcal (14.81%), Fat: 18.99g (29.22%), Saturated Fat: 7.87g (49.19%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 1.61g (0.58%), Sugar: 1.43g (1.59%), Cholesterol: 104.33mg (34.78%), Sodium: 319.16mg (13.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.48g (58.96%), Zinc: 11.45mg (76.37%), Vitamin B12: 4.13µg (68.79%), Selenium: 31.25µg (44.64%), Vitamin B3: 6.86mg (34.29%), Vitamin B6: 0.63mg (31.25%), Phosphorus: 297.73mg (29.77%), Iron: 3.32mg (18.43%), Potassium: 617.17mg (17.63%), Vitamin B2: 0.24mg (13.98%), Vitamin A: 583.35IU (11.67%), Vitamin B5: 0.98mg (9.76%), Vitamin K: 9.19µg (8.75%), Magnesium: 34.12mg (8.53%), Vitamin B1: 0.12mg (7.78%), Vitamin C: 6.06mg (7.34%), Copper: 0.12mg (6%), Vitamin E: 0.66mg (4.39%), Manganese: 0.08mg (3.89%), Calcium: 31.22mg (3.12%), Fiber: 0.74g (2.97%), Folate: 11.15µg (2.79%), Vitamin D:

0.15µg (1.01%)