



Carne Con Papas

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

READY IN



150 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 large bell pepper green italian chopped
- 2 carrots peeled sliced
- 1 pinch ground cumin
- 5 garlic clove chopped
- 4 servings pepper fresh to taste
- 1 large onion chopped
- 1 teaspoon paprika

- 4 ounces peas frozen
- 2 pepperoncini peppers chopped
- 2 pepperoncini peppers chopped
- 0.3 cup pimiento stuffed olives spanish
- 2 lbs potatoes cubed peeled
- 1 teaspoon salt
- 1 tablespoon penzey's southwest seasoning (I prefer Mrs. Dash)
- 2 lbs stew meat cut into 1 inch cubes
- 8 ounce tomato sauce
- 0.5 cup vegetable oil
- 16 ounces water
- 8 ounces wine

Equipment

- dutch oven

Directions

- In a dutch oven, heat oil over medium heat.
- Add meat and saute until cooked through and brown, turning frequently.
- Add the paprika and cumin and stir to coat meat.
- Add the onions, garlic, green pepper, pepperoncini and bay leaves. Season with salt, pepper and seasoning (Mrs. Dash). Cook until onions are translucent.
- Add tomato sauce.
- Add white wine and water using empty tomato sauce can. Bring to a boil, reduce heat and cook covered for about 1 1/2 hours.
- Add potatoes, carrots and olives. Cook for about another 30-45 minutes, until potatoes and carrots are soft. (
- Add water or wine if soup thickens too much).
- Add peas about 15 minutes afterwards.

Nutrition Facts

PROTEIN 36.23% FAT 26.11% CARBS 37.66%

Properties

Glycemic Index:89.73, Glycemic Load:33.58, Inflammation Score:-10, Nutrition Score:53.329130504442%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.26mg, Quercetin: 10.26mg, Quercetin: 10.26mg, Quercetin: 10.26mg

Nutrients (% of daily need)

Calories: 691.32kcal (34.57%), Fat: 18.96g (29.17%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 61.55g (20.52%), Net Carbohydrates: 49.42g (17.97%), Sugar: 10.44g (11.6%), Cholesterol: 140.61mg (46.87%), Sodium: 1159.33mg (50.41%), Alcohol: 5.84g (100%), Protein: 59.19g (118.39%), Vitamin B6: 2.6mg (129.81%), Vitamin C: 107.08mg (129.79%), Vitamin A: 6095.3IU (121.91%), Vitamin B3: 19.87mg (99.33%), Selenium: 65.47µg (93.53%), Zinc: 11.04mg (73.58%), Phosphorus: 719.42mg (71.94%), Vitamin B12: 4.2µg (69.93%), Potassium: 2334.43mg (66.7%), Vitamin K: 57.79µg (55.04%), Iron: 9.54mg (52.98%), Manganese: 1.05mg (52.41%), Fiber: 12.13g (48.51%), Magnesium: 157.54mg (39.39%), Vitamin B1: 0.57mg (38.05%), Copper: 0.72mg (35.9%), Vitamin B2: 0.59mg (34.93%), Folate: 119.27µg (29.82%), Vitamin E: 3.58mg (23.86%), Vitamin B5: 2.16mg (21.59%), Calcium: 190.84mg (19.08%)