



Carne Con Papas



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons achiote powder
- ☐ 6 cubes beef bouillon from cube
- ☐ 2 pounds beef stew meat cut into 1 inch cubes
- ☐ 16 ounce tomato sauce canned
- ☐ 3 cloves garlic crushed
- ☐ 0.5 bell pepper green seeded chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon olive oil

- ☐ 0.3 teaspoon salt divided
- ☐ 4 cups water
- ☐ 0.5 small onion white chopped
- ☐ 2 potatoes white
- ☐ 1 cup white wine

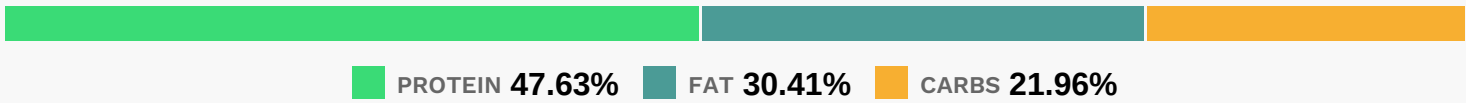
Equipment

- ☐ blender
- ☐ pressure cooker

Directions

- ☐ In a blender, combine green pepper, onion, garlic, 1/4 teaspoon cumin and salt. Pulse, while pouring 1/8 cup olive oil through top of blender. Blend until smooth; set aside.
- ☐ Heat 1 tablespoon olive oil in pressure cooker on medium heat.
- ☐ Saute green pepper mixture for 1 minute, then stir in achiote powder and 1 teaspoon cumin. Cook for 1 minute, then stir in tomato sauce. Return to a simmer, then add beef; let simmer for 5 minutes. Stir in potatoes, then pour in wine and water. Drop in the bouillon cubes. Bring to a boil, and cook for 1 minute; add water, if necessary, to cover.
- ☐ Cover with lid of pressure cooker. Following manufacturer's directions, cook under 15 pound pressure for about 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:35.96, Glycemic Load:8.99, Inflammation Score:-6, Nutrition Score:23.914347855941%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg

Luteolin: 0.47mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg
Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin:
0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg,
Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 334.96kcal (16.75%), Fat: 10.22g (15.73%), Saturated Fat: 2.96g (18.47%), Carbohydrates: 16.6g (5.53%),
Net Carbohydrates: 13.89g (5.05%), Sugar: 4.03g (4.47%), Cholesterol: 93.74mg (31.25%), Sodium: 569.46mg
(24.76%), Alcohol: 4.12g (100%), Alcohol %: 1.03% (100%), Protein: 36.03g (72.05%), Vitamin B6: 1.3mg (64.91%),
Selenium: 42.83µg (61.19%), Vitamin B3: 11.72mg (58.59%), Vitamin B12: 2.8µg (46.67%), Zinc: 6.74mg (44.94%),
Phosphorus: 393.14mg (39.31%), Vitamin C: 25.35mg (30.73%), Potassium: 1047.13mg (29.92%), Iron: 4.7mg
(26.13%), Vitamin B2: 0.32mg (19.01%), Magnesium: 69.49mg (17.37%), Copper: 0.34mg (16.97%), Vitamin B1:
0.22mg (14.64%), Manganese: 0.29mg (14.6%), Vitamin E: 1.93mg (12.89%), Vitamin B5: 1.11mg (11.05%), Fiber: 2.71g
(10.86%), Folate: 38.18µg (9.55%), Vitamin A: 369.65IU (7.39%), Vitamin K: 7.37µg (7.02%), Calcium: 62.92mg
(6.29%)