



WHATSheATE



Carne con Papas (Stew of Beef and Potatoes)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baking potato cubed peeled
- ☐ 1 bay leaf crumbled
- ☐ 1.5 pounds beef stew meat trimmed cut into 1-inch cubes
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.1 teaspoon ground cumin

- ☐ 14.3 ounce low-salt beef broth canned
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 3 tablespoons pimienta-stuffed olives coarsely chopped
- ☐ 3 tablespoons raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 cup water

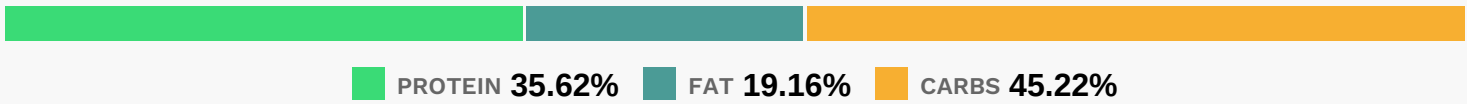
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add beef, and cook 2 minutes or until browned.
- ☐ Add onion, bell pepper, salt, black pepper, and garlic; saut 3 minutes.
- ☐ Add water and the next 5 ingredients (water through beef broth); bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- ☐ Stir in potato and remaining ingredients. Cook, covered, over medium heat 20 minutes or until potato is tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:53.51, Glycemic Load:30.82, Inflammation Score:-8, Nutrition Score:26.701739000238%

Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg,

Kaempferol: 4.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.63mg, Quercetin: 15.63mg, Quercetin: 15.63mg, Quercetin: 15.63mg

Nutrients (% of daily need)

Calories: 408.99kcal (20.45%), Fat: 8.78g (13.5%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 46.62g (15.54%), Net Carbohydrates: 41.91g (15.24%), Sugar: 3.63g (4.04%), Cholesterol: 84.37mg (28.12%), Sodium: 635.72mg (27.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.71g (73.43%), Vitamin B6: 1.66mg (83.04%), Vitamin B3: 11.41mg (57.04%), Selenium: 39.11µg (55.87%), Potassium: 1580.99mg (45.17%), Zinc: 6.37mg (42.48%), Phosphorus: 421.71mg (42.17%), Vitamin B12: 2.52µg (41.96%), Vitamin C: 27.08mg (32.83%), Iron: 5.15mg (28.62%), Manganese: 0.5mg (24.82%), Magnesium: 87.88mg (21.97%), Vitamin B1: 0.32mg (21.58%), Copper: 0.41mg (20.49%), Vitamin B2: 0.33mg (19.15%), Fiber: 4.71g (18.84%), Folate: 56.12µg (14.03%), Vitamin B5: 1.25mg (12.46%), Vitamin K: 11.87µg (11.31%), Calcium: 80.85mg (8.08%), Vitamin E: 0.97mg (6.47%), Vitamin A: 288.13IU (5.76%)