



Carne Guisada II

 Gluten Free  Dairy Free

READY IN



735 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef stew meat
- 0.5 teaspoon pepper black
- 10.5 ounce beef broth canned
- 1 teaspoon chili powder
- 2 tablespoons cooking oil
- 2 teaspoons cornstarch
- 2 cloves garlic crushed
- 0.5 teaspoon ground cumin

- 4 servings salt to taste
- 2 serrano chile peppers seeded chopped
- 6 ounce tomato paste canned
- 0.5 cup water

Equipment

- sauce pan

Directions

- Heat oil in a large saucepan over medium high heat. Cook beef until evenly brown.
- Pour off excess fat. Stir in tomato paste, beef broth and water. Season with garlic, chili powder, cumin, black pepper, salt and serrano peppers. Reduce heat, and simmer for 8 to 12 hours.
- Dissolve cornstarch in a small amount of water, and stir into simmering stew until thickened, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.05, Inflammation Score:-4, Nutrition Score:16.416956549105%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 249.43kcal (12.47%), Fat: 13.06g (20.1%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.04g (1.47%), Sugar: 2.04g (2.27%), Cholesterol: 70.31mg (23.44%), Sodium: 601.05mg (26.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.03g (54.06%), Selenium: 32.57µg (46.53%), Vitamin B3: 8.89mg (44.46%), Vitamin B6: 0.86mg (42.89%), Vitamin B12: 2.15µg (35.83%), Zinc: 4.9mg (32.65%), Phosphorus: 273.86mg (27.39%), Iron: 3.35mg (18.61%), Potassium: 584.25mg (16.69%), Vitamin E: 2.32mg (15.47%), Vitamin B2: 0.23mg (13.48%), Copper: 0.21mg (10.66%), Magnesium: 40.66mg (10.17%), Vitamin B1: 0.15mg (9.77%), Vitamin K: 9.94µg (9.46%), Manganese: 0.18mg (9.08%), Vitamin C: 5.75mg (6.97%), Vitamin B5: 0.65mg (6.5%), Folate:

22.7μg (5.68%), Vitamin A: 272.46IU (5.45%), Calcium: 49.63mg (4.96%), Fiber: 1.22g (4.89%)