



Carne Guisada III



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon adobo seasoning
- ☐ 2 pounds beef stew meat
- ☐ 8 ounce tomato sauce canned
- ☐ 0.3 cup sofrito sauce
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 cups potatoes cubed peeled
- ☐ 6 servings salt to taste
- ☐ 0.2 ounce sazón seasoning

☐ 1 cup water

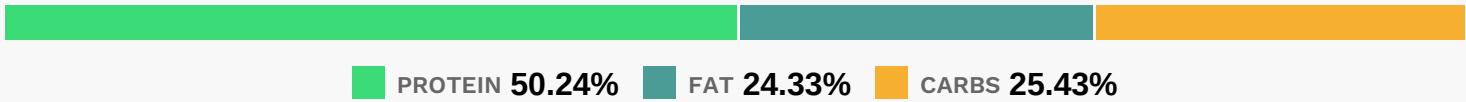
Equipment

☐ pot

Directions

- ☐ In a large pot, combine tomato sauce, sofrito sauce, sazón seasoning, adobo seasoning, oregano, and salt. Simmer over medium low heat for 5 minutes.
- ☐ Add meat, and cook until evenly browned. Stir in just enough water to cover meat. Cover, and simmer for about 1 hour.
- ☐ Add potatoes, and cook for about 30 minutes or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:9.64, Inflammation Score:-5, Nutrition Score:21.613043339356%

Flavonoids

Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 291.53kcal (14.58%), Fat: 7.7g (11.85%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 15.81g (5.75%), Sugar: 4.21g (4.68%), Cholesterol: 93.74mg (31.25%), Sodium: 659.48mg (28.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.58%), Vitamin B6: 1.25mg (62.73%), Selenium: 42.65µg (60.92%), Vitamin B3: 11.35mg (56.74%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.62mg (44.17%), Phosphorus: 380.95mg (38.09%), Potassium: 940.59mg (26.87%), Iron: 4.16mg (23.12%), Vitamin C: 16.46mg (19.95%), Vitamin B2: 0.29mg (17.16%), Magnesium: 59.93mg (14.98%), Vitamin B1: 0.21mg (14.12%), Copper: 0.28mg (14.09%), Vitamin B5: 0.99mg (9.95%), Manganese: 0.19mg (9.53%), Fiber: 2.3g (9.19%), Folate: 35.28µg (8.82%), Vitamin E: 1.04mg (6.96%), Vitamin K: 5.24µg (4.99%), Calcium: 47.44mg (4.74%), Vitamin A: 167.91IU (3.36%)