



Chilli beef with black beans and avocado salad



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp cumin seeds
- ☐ 1 tbsp ground coriander
- ☐ 2 tbsp chili powder hot
- ☐ 2 tbsp paprika sweet
- ☐ 500 g fat-trimmed beef flank steak lean
- ☐ 4 garlic clove sliced
- ☐ 400 g canned tomatoes chopped canned
- ☐ 1 beef bouillon cubes reduced-salt

- ☐ 2 tbsp tomato purée
- ☐ 3 pasilla peppers diced deseeded
- ☐ 1 large cilantro leaves separated chopped
- ☐ 800 g black beans canned
- ☐ 250 g rice cooked
- ☐ 1 small avocado chopped
- ☐ 1 small bag baby lettuce
- ☐ 1 small onion red halved thinly sliced
- ☐ 1 handful cherry tomatoes halved

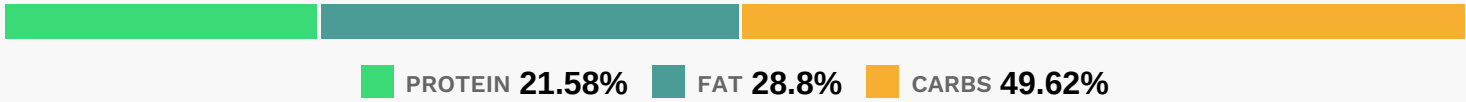
Equipment

- ☐ frying pan

Directions

- ☐ Tip the spices into a large pan and warm for a few seconds to toast them.
- ☐ Add the mince and garlic, and stir, breaking down the beef as it browns.
- ☐ Pour in the tomatoes and a can of water, crumble in the stock cube, then stir in the tomato pure, peppers and coriander stalks.
- ☐ Cover the pan and cook for 15 mins. Stir in the black beans and their juice, and cook for 10 mins more until everything is tender. Meanwhile, heat the rice following pack instructions and toss the salad ingredients together. Stir the coriander leaves into the chilli and serve.

Nutrition Facts



Properties

Glycemic Index:43.03, Glycemic Load:22.49, Inflammation Score:-10, Nutrition Score:35.600868994775%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg,

Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 569.73kcal (28.49%), Fat: 18.79g (28.91%), Saturated Fat: 6.36g (39.73%), Carbohydrates: 72.83g (24.28%), Net Carbohydrates: 55.82g (20.3%), Sugar: 6.55g (7.28%), Cholesterol: 50.86mg (16.95%), Sodium: 860.97mg (37.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.68g (63.36%), Vitamin C: 66.7mg (80.84%), Fiber: 17.01g (68.06%), Manganese: 1.22mg (61.07%), Vitamin A: 2506.16IU (50.12%), Vitamin B6: 0.97mg (48.45%), Selenium: 30.52µg (43.6%), Iron: 7.58mg (42.12%), Zinc: 6.32mg (42.12%), Vitamin B3: 8.07mg (40.35%), Phosphorus: 401.99mg (40.2%), Potassium: 1367.5mg (39.07%), Copper: 0.74mg (36.81%), Folate: 137.14µg (34.28%), Vitamin B2: 0.55mg (32.37%), Magnesium: 123.24mg (30.81%), Vitamin B1: 0.44mg (29.2%), Vitamin E: 3.71mg (24.74%), Vitamin B12: 1.39µg (23.17%), Vitamin K: 22.89µg (21.8%), Vitamin B5: 1.54mg (15.38%), Calcium: 137.01mg (13.7%)