



## Colombian Beef Stew (Sudado de Res)

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



45 min.

SERVINGS



4

CALORIES



985 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds beef for stew
- 1 beef bouillon tablet
- 0.3 teaspoon cumin powder
- 0.3 cup cilantro leaves fresh chopped
- 1 garlic clove minced
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 8 small potatoes yellow peeled cut in half

- 0.3 cup bell pepper red chopped
- 0.3 teaspoon salt
- 2 cup tomatoes chopped
- 1 tablespoon vegetable oil
- 3 cups water
- 0.5 pound yuca fresh (cassava)

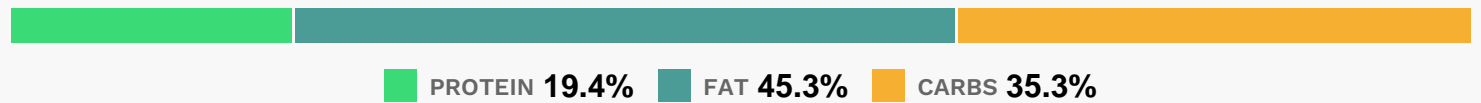
## Equipment

- pot

## Directions

- In a large pot, heat the vegetable oil over medium heat.
- Add the onion and red pepper and sauté until onions are translucent, about 3 minutes. Then add the tomatoes, garlic, salt and ground pepper and sauté for 5 more minutes.
- Add the beef, water, beef bouillon and cumin powder. Reduce the heat to medium low cover and cook for 45 to 50 minutes, stirring occasionally.
- Add the potatoes, yuca and cilantro and cook for an additional 30 minutes or until the vegetables are tender.
- Serve over white rice.

## Nutrition Facts



## Properties

Glycemic Index:85.25, Glycemic Load:57.46, Inflammation Score:-9, Nutrition Score:42.560434870098%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

## Nutrients (% of daily need)

Calories: 984.62kcal (49.23%), Fat: 49.46g (76.1%), Saturated Fat: 18.09g (113.07%), Carbohydrates: 86.73g (28.91%), Net Carbohydrates: 76.71g (27.89%), Sugar: 6.83g (7.59%), Cholesterol: 161.03mg (53.68%), Sodium: 341.16mg (14.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.65g (95.31%), Vitamin C: 102.78mg (124.58%), Vitamin B6: 1.91mg (95.39%), Vitamin B12: 4.85µg (80.89%), Zinc: 10.88mg (72.55%), Vitamin B3: 14.24mg (71.18%), Potassium: 2435.1mg (69.57%), Phosphorus: 596.03mg (59.6%), Selenium: 35.68µg (50.97%), Manganese: 0.92mg (45.95%), Iron: 7.62mg (42.31%), Fiber: 10.02g (40.07%), Magnesium: 142.88mg (35.72%), Copper: 0.65mg (32.57%), Vitamin B1: 0.46mg (30.92%), Vitamin B2: 0.5mg (29.55%), Folate: 105.52µg (26.38%), Vitamin K: 27.62µg (26.3%), Vitamin B5: 2.34mg (23.38%), Vitamin A: 996.55IU (19.93%), Vitamin E: 1.93mg (12.89%), Calcium: 112.57mg (11.26%), Vitamin D: 0.23µg (1.51%)