



WHATSheATE



HEALTH SCORE

58%

Colombian- Style Powdered Beef (Carne en Polvo)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 pound flank steak



2 cloves garlic crushed



0.5 teaspoon ground cumin



0.5 cup onion chopped



6 servings bell pepper



6 servings salt



2 scallions chopped

☐ 5 cups water

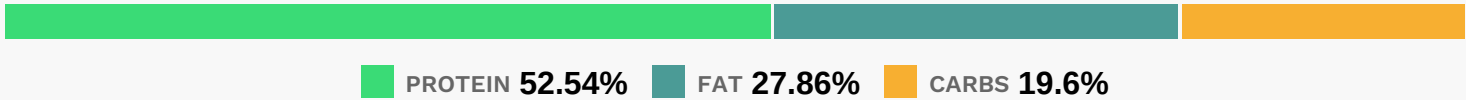
Equipment

- ☐ food processor
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Place the flank steak in a plastic bag and add the garlic, scallions, onion cumin, salt and pepper. Refrigerate for about to 2 hours.In a medium pot, place the flank steak and water and bring it to a boil over medium-high heat. Reduce the heat to medium-low and cook the beef for about 1 hour or until the beef is cooked.
- ☐ Remove the beef from the water and set aside to let it cool. You can save the water used to cook the beef to make soup or just as a beef stock for other dishes.
- ☐ Cut the beef into chunks and place in a food processor. Process until the beef is of a powdered consistency as indicated in the picture.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:17.604782778284%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 131.67kcal (6.58%), Fat: 4.07g (6.26%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 4.5g (1.64%), Sugar: 3.8g (4.22%), Cholesterol: 45.36mg (15.12%), Sodium: 248.32mg (10.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.5%), Vitamin C: 97.42mg (118.09%), Vitamin A: 2374.95IU (47.5%), Vitamin B6: 0.71mg (35.29%), Selenium: 22.62µg (32.31%), Vitamin B3: 5.49mg (27.44%), Zinc: 3.16mg (21.07%), Phosphorus: 179.79mg (17.98%), Potassium: 452.52mg (12.93%), Folate: 49.24µg (12.31%), Vitamin

K: 12.92µg (12.3%), Vitamin B12: 0.69µg (11.47%), Vitamin E: 1.43mg (9.52%), Iron: 1.7mg (9.45%), Vitamin B2: 0.16mg (9.34%), Fiber: 1.93g (7.73%), Magnesium: 30.54mg (7.64%), Vitamin B5: 0.74mg (7.38%), Vitamin B1: 0.11mg (7.07%), Manganese: 0.14mg (6.91%), Copper: 0.11mg (5.63%), Calcium: 36.43mg (3.64%)