



Cuban Goulash

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

READY IN



60 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bananas diced peeled
- 1 pound roasted boneless cubed
- 16 ounce canned tomatoes diced with juice canned
- 6 servings cayenne pepper to taste
- 6 servings salt and ground pepper black to taste
- 1 pound onions diced
- 1 tablespoon vegetable oil

Equipment

frying pan

Directions

- Heat the oil in a large skillet over medium heat, and brown the pork on all sides.
- Mix in the onions, and cook and stir until tender.
- Mix the bananas and tomatoes with juice into the skillet. Bring to a boil, reduce heat to medium low, and simmer 30 minutes, stirring occasionally, until pork is very tender. Season with cayenne pepper, salt, and pepper.

Nutrition Facts

 **PROTEIN 32.56%**  **FAT 23.37%**  **CARBS 44.07%**

Properties

Glycemic Index:24.3, Glycemic Load:10.13, Inflammation Score:-8, Nutrition Score:14.496087001718%

Flavonoids

Catechin: 4.61mg, Catechin: 4.61mg, Catechin: 4.61mg, Catechin: 4.61mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.39mg, Quercetin: 15.39mg, Quercetin: 15.39mg, Quercetin: 15.39mg

Nutrients (% of daily need)

Calories: 223.96kcal (11.2%), Fat: 6.01g (9.25%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 21.67g (7.88%), Sugar: 12.64g (14.04%), Cholesterol: 47.63mg (15.88%), Sodium: 41.44mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.67%), Vitamin B6: 0.99mg (49.41%), Selenium: 22.26µg (31.79%), Vitamin B1: 0.4mg (26.65%), Vitamin B3: 5.11mg (25.54%), Phosphorus: 214.67mg (21.47%), Potassium: 705.37mg (20.15%), Manganese: 0.36mg (17.98%), Vitamin A: 882.64IU (17.65%), Vitamin C: 13.7mg (16.61%), Fiber: 3.82g (15.28%), Vitamin B2: 0.24mg (13.85%), Magnesium: 50.84mg (12.71%), Zinc: 1.65mg (11.02%), Vitamin B5: 0.91mg (9.1%), Folate: 31.62µg (7.91%), Copper: 0.14mg (7.05%), Vitamin E: 0.97mg (6.48%), Vitamin B12: 0.39µg (6.43%), Vitamin K: 6.62µg (6.3%), Iron: 0.93mg (5.17%), Calcium: 28.35mg (2.84%), Vitamin D: 0.3µg (2.02%)