



Cuban Picadillo



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 pound combination of beef chorizo
- ☐ 8 ounce canned tomatoes diced with juice chopped canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 cup cooking wine dry white dry
- ☐ 4 cloves garlic minced
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons olive oil

- ☐ 2 teaspoons oregano dried
- ☐ 0.3 cup pimento stuffed olives spanish with 1 tablespoon brine from jar chopped
- ☐ 0.3 cup raisins
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.3 cup tomato paste
- ☐ 2 cups onion yellow finely chopped

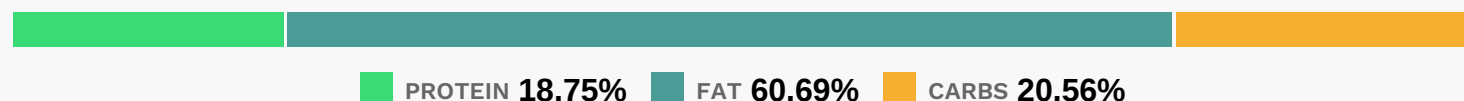
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add onion, garlic, and bay leaves and saute until onion is soft, stirring frequently, about 4 minutes.
- ☐ Add ground beef to skillet and cook until browned. Once the meat is browned, carefully away from the flame, tilt pan and remove excess fat with a large spoon.
- ☐ Add the white wine and stir for another minute. Then add the chopped cherry tomatoes, tomato paste, pimento stuffed Spanish olives, raisins, dried oregano, cumin and cayenne pepper. Simmer over low heat for another 8 minutes, stirring occasionally. Season with salt and pepper.
- ☐ As a filling for empanadas or tacos
- ☐ Over white rice with fried plantains or black beans
- ☐ With a side salad and black beans
- ☐ To make Picadillo soupier for serving over rice, add additional wine, chicken or beef stock.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:5.74, Inflammation Score:-8, Nutrition Score:11.773912927379%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg

Nutrients (% of daily need)

Calories: 320.06kcal (16%), Fat: 21.31g (32.78%), Saturated Fat: 6.68g (41.72%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 13.49g (4.91%), Sugar: 4.27g (4.75%), Cholesterol: 53.68mg (17.89%), Sodium: 289.47mg (12.59%), Alcohol: 1.37g (100%), Alcohol %: 0.8% (100%), Protein: 14.81g (29.63%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.45mg (23.02%), Vitamin B6: 0.4mg (20.07%), Vitamin B3: 3.91mg (19.56%), Selenium: 12.87µg (18.38%), Iron: 3.07mg (17.07%), Phosphorus: 163.55mg (16.35%), Potassium: 540.22mg (15.43%), Vitamin E: 2.08mg (13.84%), Manganese: 0.26mg (13.17%), Fiber: 2.75g (11%), Vitamin B2: 0.17mg (10.28%), Vitamin K: 10.65µg (10.14%), Vitamin C: 8.34mg (10.11%), Copper: 0.17mg (8.58%), Magnesium: 33.95mg (8.49%), Vitamin A: 309.78IU (6.2%), Calcium: 59.83mg (5.98%), Vitamin B1: 0.09mg (5.79%), Vitamin B5: 0.5mg (4.97%), Folate: 19.64µg (4.91%)