

Cuban Picadillo

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

READY IN



50 min.

SERVINGS



8

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 bunch cilantro leaves
- 2 tablespoons garlic minced
- 1 bell pepper green chopped
- 16 ounce olives green drained chopped
- 3 pounds ground beef
- 0.5 onion chopped
- 2 cups raisins
- 1 bell pepper red chopped

12 ounce tomato paste canned

0.5 cup water

Equipment

dutch oven

Directions

Brown the ground beef in a Dutch oven or large pot over medium-high heat until crumbly and no longer pink, about 10 minutes.

Pour off any excess grease, then stir in the onion and garlic; cook for 2 minutes before adding the red pepper, green pepper, raisins, olives, tomato paste, water, and cilantro. Bring the mixture to a simmer, then reduce heat to medium-low, cover, and simmer 10 minutes, or until the peppers have cooked to your liking.

Nutrition Facts



Properties

Glycemic Index:28.48, Glycemic Load:16.71, Inflammation Score:-7, Nutrition Score:23.994782546292%

Flavonoids

Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 647.86kcal (32.39%), Fat: 43.1g (66.31%), Saturated Fat: 14.31g (89.41%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 30.75g (11.18%), Sugar: 3.47g (3.86%), Cholesterol: 120.77mg (40.26%), Sodium: 1067.38mg (46.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.89g (63.78%), Vitamin B12: 3.64µg (60.67%), Zinc: 7.41mg (49.39%), Vitamin C: 38.14mg (46.23%), Vitamin B3: 8.49mg (42.46%), Vitamin B6: 0.81mg (40.47%), Selenium: 26.84µg (38.34%), Phosphorus: 323.95mg (32.4%), Iron: 5.24mg (29.12%), Potassium: 984.81mg (28.14%), Vitamin E: 3.69mg (24.63%), Fiber: 5.88g (23.53%), Vitamin B2: 0.37mg (21.5%), Copper: 0.38mg (19.18%), Vitamin A: 869.09IU (17.38%), Magnesium: 59.27mg (14.82%), Manganese: 0.27mg (13.54%), Vitamin B1: 0.18mg (12.1%), Vitamin B5: 1.09mg (10.87%), Calcium: 93.22mg (9.32%), Vitamin K: 9.55µg (9.1%), Folate: 30.23µg (7.56%), Vitamin D: 0.17µg (1.13%)