



## Cuban-Style Picadillo



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce tomato sauce canned
- ☐ 0.5 cup capers drained
- ☐ 2 cups cooking wine dry red
- ☐ 2 teaspoons garlic crushed
- ☐ 0.3 cup golden raisins
- ☐ 1 bell pepper green minced
- ☐ 1 teaspoon ground cumin

- ☐ 1.5 pounds ground beef lean
- ☐ 1 teaspoon olive oil
- ☐ 1 onion minced
- ☐ 1 pinch oregano dried
- ☐ 0.7 cup pimiento-stuffed olives green drained chopped
- ☐ 2 potatoes
- ☐ 0.3 teaspoon salt

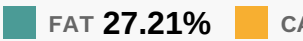
## Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

## Directions

- ☐ Place the potatoes into a large pot with enough water to cover; season with salt. Bring the water to a boil; reduce heat to medium-low, place a cover on the pot, and cook the potatoes at a simmer until tender, about 20 minutes.
- ☐ Drain and set aside to cool.
- ☐ Heat 2 tablespoons olive oil in a large Dutch oven over medium heat; cook and stir the onion, green bell pepper, and garlic in the hot oil until the vegetables soften, about 5 minutes.
- ☐ Crumble the ground beef into the onion mixture, breaking the meat into smaller pieces as you mix; cook and stir until the beef is completely browned, 7 to 10 minutes.
- ☐ Drain as much fat from the mixture as possible.
- ☐ Stir the red wine, tomato sauce, olives, capers, golden raisins, cumin, oregano, black pepper, and 1/4 teaspoon salt into the ground beef mixture. Bring to a boil, reduce heat to medium-low, and cook at a simmer until the wine had reduced significantly, 25 to 30 minutes.
- ☐ Peel the cooled potatoes and cut into chunks.
- ☐ Heat 1 teaspoon olive oil in a skillet over medium heat. Cook the potatoes in the hot oil until browned, about 5 minutes.
- ☐ Gently fold the cooked potatoes into the simmering ground beef mixture; cook together 5 minutes.

# Nutrition Facts

 **PROTEIN 36.6%**  **FAT 27.21%**  **CARBS 36.19%**

## Properties

Glycemic Index:49.07, Glycemic Load:13.43, Inflammation Score:-8, Nutrition Score:21.064782567646%

## Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 20.03mg, Kaempferol: 20.03mg, Kaempferol: 20.03mg, Kaempferol: 20.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg

## Nutrients (% of daily need)

Calories: 356.97kcal (17.85%), Fat: 9.2g (14.15%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 22.95g (8.35%), Sugar: 8.07g (8.96%), Cholesterol: 70.31mg (23.44%), Sodium: 1152.57mg (50.11%), Alcohol: 8.4g (100%), Alcohol %: 2.59% (100%), Protein: 27.83g (55.66%), Vitamin C: 37.41mg (45.34%), Vitamin B12: 2.54µg (42.34%), Zinc: 6.29mg (41.95%), Vitamin B6: 0.83mg (41.58%), Vitamin B3: 8.02mg (40.1%), Phosphorus: 305.77mg (30.58%), Selenium: 20.98µg (29.97%), Potassium: 1031.76mg (29.48%), Iron: 4.72mg (26.23%), Copper: 0.37mg (18.37%), Fiber: 4.56g (18.25%), Vitamin B2: 0.3mg (17.48%), Magnesium: 65.96mg (16.49%), Manganese: 0.31mg (15.66%), Vitamin E: 2.24mg (14.94%), Vitamin B5: 1.22mg (12.22%), Vitamin B1: 0.15mg (10.03%), Vitamin K: 9.9µg (9.43%), Vitamin A: 466.19IU (9.32%), Folate: 32.98µg (8.24%), Calcium: 57.3mg (5.73%)