



Garbage Plate Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



148 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 pound ground beef
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.3 teaspoon ground thyme
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups water
- ☐ 1 tablespoon vinegar white

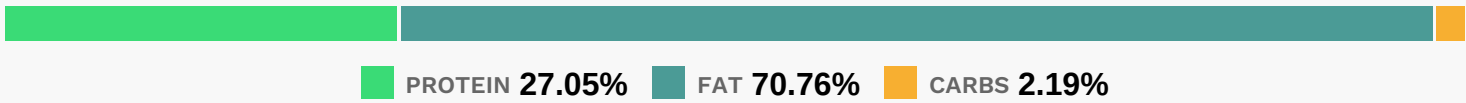
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink, 5 to 7 minutes.
- ☐ Drain and discard any excess grease.
- ☐ Transfer the cooked beef to a blender and blend until the meat is finely minced. Bring the minced beef, water, vinegar, paprika, black pepper, chili powder, cayenne pepper, salt, allspice, cloves, cumin, thyme, and cinnamon to a simmer in a saucepan over medium heat; cook for at least 30 minutes, adding water as needed to keep the mixture moist and gravy-like.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:5.7604348031075%

Nutrients (% of daily need)

Calories: 148.44kcal (7.42%), Fat: 11.48g (17.66%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.4g (0.14%), Sugar: 0.06g (0.07%), Cholesterol: 40.26mg (13.42%), Sodium: 190.11mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.75%), Vitamin B12: 1.21µg (20.22%), Zinc: 2.42mg (16.11%), Vitamin B3: 2.47mg (12.33%), Selenium: 8.62µg (12.31%), Vitamin B6: 0.2mg (9.84%), Phosphorus: 92.77mg

(9.28%), Manganese: 0.16mg (7.92%), Iron: 1.41mg (7.81%), Vitamin B2: 0.09mg (5.34%), Potassium: 173.04mg (4.94%), Vitamin A: 218.78IU (4.38%), Magnesium: 12.83mg (3.21%), Vitamin K: 3.16µg (3.01%), Vitamin B5: 0.3mg (2.97%), Copper: 0.06mg (2.84%), Vitamin E: 0.42mg (2.77%), Calcium: 20.25mg (2.02%), Vitamin B1: 0.03mg (1.84%), Fiber: 0.4g (1.6%), Folate: 4.57µg (1.14%)