



 **52%**
HEALTH SCORE

German Goulash

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 lb top round beef roast
- 1 large onion sliced
- 3 tbsp cooking oil
- 4 c water to cover meat
- 8 oz tomato sauce
- 2 beef bouillon cubes
- 3 tbsp paprika
- 0.5 tsp pepper

2 tbsp flour

Equipment

dutch oven

slow cooker

Directions

Cut roast in 1 inch cubes. In Dutch oven, brown meat, and onions in oil.

Add water, bouillon cubes, flour, tomato sauce, paprika, and pepper. Simmer low for 2 hours, until meat is tender.

Serve over egg noodles.

This dish cooks up very well in a crock pot.

Nutrition Facts

PROTEIN 48.33% **FAT 42.38%** **CARBS 9.29%**

Properties

Glycemic Index:48.5, Glycemic Load:3.99, Inflammation Score:-9, Nutrition Score:39.185652173913%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Taste

Sweetness: 19.7%, Saltiness: 100%, Sourness: 30.94%, Bitterness: 32.33%, Savoriness: 54.1%, Fattiness: 50.64%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 550.38kcal (27.52%), Fat: 25.55g (39.31%), Saturated Fat: 5.79g (36.17%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 9.18g (3.34%), Sugar: 4.44g (4.93%), Cholesterol: 175.85mg (58.62%), Sodium: 924.43mg (40.19%), Protein: 65.57g (131.13%), Selenium: 81.21µg (116.02%), Vitamin B6: 2.07mg (103.37%), Vitamin B3: 20.56mg (102.82%), Vitamin B12: 5.26µg (87.74%), Zinc: 12.26mg (81.73%), Phosphorus: 660.66mg (66.07%), Vitamin A: 2759.6IU (55.19%), Iron: 7.78mg (43.24%), Potassium: 1321.54mg (37.76%), Vitamin B2: 0.59mg (34.53%),

Vitamin E: 5mg (33.34%), Magnesium: 93.99mg (23.5%), Vitamin B1: 0.35mg (23%), Copper: 0.44mg (22.03%),
Vitamin K: 17.14µg (16.33%), Vitamin B5: 1.61mg (16.11%), Folate: 59.13µg (14.78%), Manganese: 0.3mg (14.75%), Fiber:
3.43g (13.73%), Calcium: 92.07mg (9.21%), Vitamin C: 6.79mg (8.23%)