



 **63%**
HEALTH SCORE

Ground Beef Goulash

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



270 min.

SERVINGS



4

CALORIES



563 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 14.5 ounce beef broth canned
- 1 cup carrots sliced
- 1 teaspoon garlic crushed
- 1 dash hot sauce to taste (such as Tabasco)
- 0.3 cup catsup
- 2 pounds ground beef lean
- 2 cups onions chopped
- 1.5 teaspoons paprika

- 4 potatoes peeled quartered
- 1 cup bell pepper red chopped
- 4 servings salt to taste
- 1 tablespoon worcestershire sauce

Equipment

- frying pan
- slow cooker

Directions

- Heat a large skillet over medium heat. Cook and stir beef, onion, and red bell pepper in the hot skillet until browned and crumbly, 7 to 10 minutes; drain and discard grease.
- Transfer beef mixture to a slow cooker; add beef broth, potatoes, carrots, ketchup, Worcestershire sauce, garlic, paprika, hot sauce, and salt. Stir the mixture, making sure the potatoes remain submerged in liquid.
- Cook on Low for 4 hours.

Nutrition Facts



■ **PROTEIN 39.88%**
■ **FAT 19.49%**
■ **CARBS 40.63%**

Properties

Glycemic Index:58.65, Glycemic Load:30.47, Inflammation Score:-10, Nutrition Score:44.834782672965%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 18.07mg, Quercetin: 18.07mg, Quercetin: 18.07mg, Quercetin: 18.07mg

Nutrients (% of daily need)

Calories: 563.43kcal (28.17%), Fat: 12.15g (18.69%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 56.99g (19%), Net Carbohydrates: 48.92g (17.79%), Sugar: 12.91g (14.34%), Cholesterol: 140.61mg (46.87%), Sodium: 1003.27mg (43.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.94g (111.88%), Vitamin A: 6993.55IU (139.87%),

Vitamin C: 99.08mg (120.1%), Vitamin B6: 1.83mg (91.66%), Vitamin B12: 5.15µg (85.87%), Zinc: 12.55mg (83.68%), Vitamin B3: 16.68mg (83.38%), Phosphorus: 639.17mg (63.92%), Potassium: 2145.12mg (61.29%), Selenium: 41.61µg (59.44%), Iron: 8.13mg (45.15%), Vitamin B2: 0.58mg (33.85%), Fiber: 8.06g (32.25%), Magnesium: 121.93mg (30.48%), Manganese: 0.59mg (29.72%), Copper: 0.49mg (24.49%), Vitamin B5: 2.44mg (24.44%), Vitamin B1: 0.35mg (23.51%), Folate: 88.42µg (22.11%), Vitamin E: 1.99mg (13.24%), Vitamin K: 12.35µg (11.77%), Calcium: 94.45mg (9.44%), Vitamin D: 0.23µg (1.51%)