



Healthy Picadillo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 bay leaves
- ☐ 0.1 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 1 cup carrots finely chopped
- ☐ 0.5 cup wine dry white
- ☐ 1 garlic clove minced
- ☐ 0.8 cup golden raisins

- ☐ 2 pounds ground round
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion thinly sliced
- ☐ 0.3 cup pimiento stuffed olives green sliced (15 olives)
- ☐ 1.5 cups bell pepper red cut in half ()
- ☐ 1.5 teaspoons salt
- ☐ 8 ounce tomato sauce canned
- ☐ 1.5 cups bell pepper yellow cut in half ()

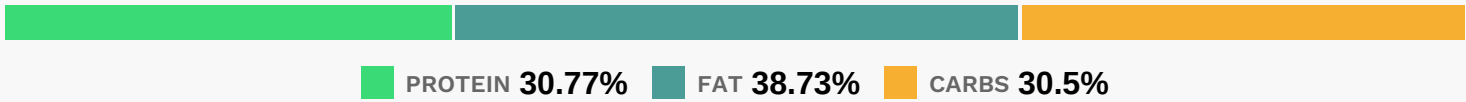
Equipment

- ☐ frying pan

Directions

- ☐ Cook beef in a large nonstick skillet over medium-high heat until browned; stir to crumble.
- ☐ Remove from pan; drain well.
- ☐ Add oil to pan.
- ☐ Add onion and garlic; saut 3 minutes.
- ☐ Add bell peppers and carrot; saut 3 minutes. Return beef to pan. Stir in raisins and remaining ingredients; bring to a boil. Reduce heat; simmer for 15 minutes, stirring occasionally. Discard bay leaves.

Nutrition Facts



Properties

Glycemic Index:46.56, Glycemic Load:9.27, Inflammation Score:-10, Nutrition Score:25.483043494432%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg,

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Nutrients (% of daily need)

Calories: 335.37kcal (16.77%), Fat: 14.24g (21.91%), Saturated Fat: 5.03g (31.41%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 21.34g (7.76%), Sugar: 15.29g (16.99%), Cholesterol: 73.71mg (24.57%), Sodium: 796.21mg (34.62%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 25.46g (50.92%), Vitamin C: 97.46mg (118.14%), Vitamin A: 3855.72IU (77.11%), Vitamin B12: 2.51µg (41.77%), Zinc: 5.91mg (39.42%), Vitamin B6: 0.77mg (38.38%), Vitamin B3: 7.56mg (37.8%), Selenium: 19.78µg (28.26%), Phosphorus: 280.93mg (28.09%), Potassium: 932.41mg (26.64%), Iron: 4.21mg (23.37%), Vitamin B2: 0.3mg (17.6%), Manganese: 0.34mg (16.97%), Copper: 0.32mg (15.99%), Vitamin E: 2.4mg (15.97%), Fiber: 3.9g (15.61%), Magnesium: 56.22mg (14.06%), Vitamin B5: 1.15mg (11.51%), Folate: 45.64µg (11.41%), Vitamin B1: 0.14mg (9.58%), Vitamin K: 9.73µg (9.27%), Calcium: 65.4mg (6.54%)