



## Hungarian Beef Goulash

 Gluten Free

READY IN



375 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds beef chuck cut into 2-inch pieces
- 1 teaspoon caraway seeds
- 2 cloves garlic chopped
- 2 cups chicken broth low-sodium
- 2 onion chopped
- 1 tablespoon paprika
- 1 bell pepper red cored seeded chopped
- 4 servings salt and pepper

- 0.5 cup cream sour
- 1 tablespoon tomato paste
- 2 tablespoons vegetable oil

## Equipment

- frying pan
- slow cooker

## Directions

- Warm oil in a large skillet over medium-high heat.
- Add beef and cook, turning, until browned on all sides, 5 to 7 minutes.
- Remove to a slow cooker and pour off all but 2 Tbsp. fat from skillet.
- Add onions to skillet and cook, stirring, until softened, 3 to 5 minutes.
- Add garlic and saut 1 minute longer. Stir in paprika, caraway seeds, tomato paste and chicken broth. Bring to a boil, stirring to pick up any browned bits on bottom of skillet, and pour over beef in slow cooker.
- Add bell pepper, cover and cook on low for 6 hours.
- Season with salt and pepper.
- Serve hot, with sour cream on the side, if desired.

## Nutrition Facts

 **PROTEIN 32.2%**  **FAT 59.67%**  **CARBS 8.13%**

## Properties

Glycemic Index:37.25, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:33.046521798424%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

## Nutrients (% of daily need)

Calories: 586kcal (29.3%), Fat: 39.59g (60.91%), Saturated Fat: 15.67g (97.96%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 9.57g (3.48%), Sugar: 5.4g (6%), Cholesterol: 173.45mg (57.82%), Sodium: 458.33mg (19.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.08g (96.15%), Zinc: 17.58mg (117.21%), Vitamin B12: 6.37µg (106.17%), Selenium: 48.68µg (69.55%), Vitamin B3: 12.13mg (60.66%), Vitamin B6: 1.11mg (55.56%), Vitamin C: 43.87mg (53.18%), Phosphorus: 523.53mg (52.35%), Vitamin A: 2066.06IU (41.32%), Iron: 5.83mg (32.38%), Potassium: 1126.72mg (32.19%), Vitamin B2: 0.48mg (28.46%), Vitamin K: 19.9µg (18.96%), Vitamin B5: 1.71mg (17.1%), Magnesium: 62.68mg (15.67%), Vitamin E: 2.27mg (15.15%), Vitamin B1: 0.21mg (13.99%), Copper: 0.27mg (13.32%), Fiber: 2.56g (10.22%), Manganese: 0.2mg (10.1%), Calcium: 98.77mg (9.88%), Folate: 34.1µg (8.52%), Vitamin D: 0.23µg (1.51%)