



Hungarian Goulash II

 Dairy Free

READY IN



630 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef chuck cubed
- 1 tablespoon brown sugar
- 0.5 teaspoon mustard dry
- 0.3 cup flour all-purpose
- 2 teaspoons hungarian paprika sweet
- 0.5 cup catsup
- 1 large onion diced
- 2 teaspoons salt

- 1.3 cups water divided
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- slow cooker

Directions

- Place beef in slow cooker, and cover with onion. In a medium bowl, stir together ketchup, Worcestershire sauce, brown sugar, salt, paprika, mustard, and 1 cup water.
- Pour mixture over beef and onions.
- Cover, and cook on Low for 9 to 10 hours, or until meat is tender.
- Mix 1/4 cup water with flour to form a paste, and stir into goulash. Cook on High for 10 to 15 minutes, or until sauce thickens.

Nutrition Facts

PROTEIN 35.48% **FAT 46.58%** **CARBS 17.94%**

Properties

Glycemic Index:19.5, Glycemic Load:3.41, Inflammation Score:-5, Nutrition Score:18.859130475832%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 336kcal (16.8%), Fat: 17.6g (27.08%), Saturated Fat: 7.66g (47.89%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 14.37g (5.22%), Sugar: 7.92g (8.8%), Cholesterol: 104.33mg (34.78%), Sodium: 1157.3mg (50.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.16g (60.32%), Zinc: 11.54mg (76.94%), Vitamin B12: 4.13µg (68.79%), Selenium: 33.62µg (48.03%), Vitamin B3: 7.28mg (36.39%), Vitamin B6: 0.66mg (32.94%), Phosphorus: 310.79mg (31.08%), Iron: 3.99mg (22.15%), Potassium: 664.83mg (19%), Vitamin B2: 0.3mg (17.7%), Vitamin B1: 0.16mg (10.79%), Vitamin B5: 1.01mg (10.12%), Magnesium: 38.21mg (9.55%), Vitamin A: 455.64IU (9.11%), Copper: 0.15mg (7.65%), Manganese: 0.12mg (6.03%), Folate: 21.69µg (5.42%), Vitamin E: 0.79mg (5.3%), Calcium: 46.89mg (4.69%), Vitamin C: 3.42mg (4.15%), Fiber: 0.88g (3.51%), Vitamin K: 3.58µg (3.41%), Vitamin D: 0.15µg (1.01%)