



Kabritu Stoba (Dutch Antilles Goat Stew)

 Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons juice of lime
- 1 teaspoon nutmeg
- 1 onion diced
- 1 teaspoon paprika
- 1 bell pepper diced red
- 6 servings salt and pepper to taste
- 2 pounds goat stew meat cut into 1-inch cubes
- 1 tablespoon soya sauce sweet

- 1 tablespoon tomato paste
- 2 tablespoons vegetable oil
- 1 cup water
- 4 cups cool water
- 1 tablespoon distilled vinegar white

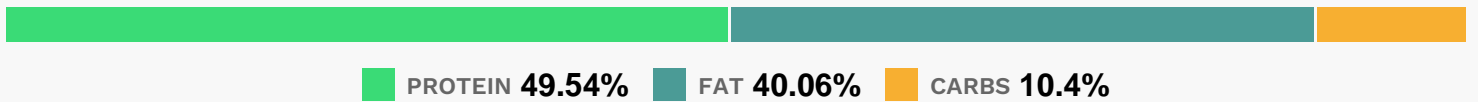
Equipment

- frying pan
- colander

Directions

- Stir together the water, lime juice, and goat meat in a large container.
- Let stand for 10 minutes, then drain the meat in a colander, and squeeze out as much water as possible.
- Heat the canola oil in a large skillet until smoking over medium-high heat.
- Add the drained goat meat, and cook until browned all over, about 7 minutes. Stir in the onion and bell pepper, cook until the onion has softened, about 3 minutes, then stir in the tomato paste.
- Pour in the water, vinegar, and soy sauce; season with nutmeg, paprika, salt, and pepper.
- Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the meat is tender, about 1 1/2 hours. Stir occasionally and add more water if needed to prevent sticking.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:20.819130254828%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 283.47kcal (14.17%), Fat: 12.29g (18.91%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.13g (2.23%), Sugar: 4.39g (4.88%), Cholesterol: 93.74mg (31.25%), Sodium: 365.4mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.21g (68.41%), Selenium: 42.18µg (60.26%), Vitamin B6: 1.08mg (54.17%), Vitamin B3: 10.56mg (52.81%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.44mg (42.9%), Vitamin C: 29.59mg (35.87%), Phosphorus: 340.67mg (34.07%), Iron: 3.41mg (18.94%), Potassium: 628.87mg (17.97%), Vitamin A: 830.28IU (16.61%), Vitamin B2: 0.27mg (16.07%), Magnesium: 45.43mg (11.36%), Vitamin K: 11.81µg (11.25%), Vitamin B1: 0.17mg (11.03%), Copper: 0.21mg (10.41%), Vitamin E: 1.37mg (9.13%), Folate: 33.75µg (8.44%), Vitamin B5: 0.77mg (7.66%), Manganese: 0.09mg (4.67%), Calcium: 43.91mg (4.39%), Fiber: 1.05g (4.21%)