



HEALTH SCORE

58%

Kaldereta



Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



1184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 2 ounce cheddar cheese grated
- ☐ 1.8 cup chicken stock see
- ☐ 6 cups rice white cooked for serving
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon pepper black
- ☐ 1 jalapeno minced stemmed seeded

- ☐ 2 pounds goat meat good cut into two inch chunks. cuts from the leg, shoulder, and loin will be the most tender. beef round and lamb are both substitutes.
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup peas green frozen thawed
- ☐ 2 cups bell pepper sweet green red coarsely chopped (1 and 1)
- ☐ 1 teaspoon sea salt
- ☐ 0.8 cup creamy peanut butter
- ☐ 0.5 cup tomato paste
- ☐ 0.8 cup onion yellow chopped

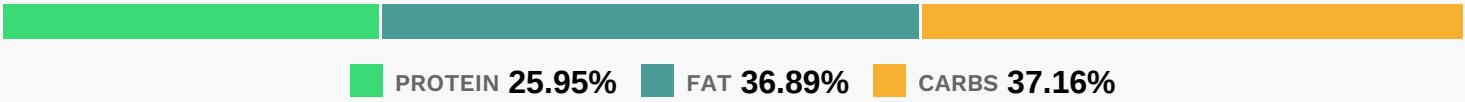
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large bowl, combine oil, salt, and pepper.
- ☐ Add meat, and stir to coat.
- ☐ Let marinade at room temperature for 2 hours, turning meat occasionally.
- ☐ Add butter to a large pot or dutch oven and melt over medium heat. When butter has just melted, add jalapeno, onion and garlic and sauté until light brown.
- ☐ Add beef to pan and continue cooking over medium heat until the meat is seared on all sides.
- ☐ Add tomato paste to the pot and incorporate with the meat and onion mixture.
- ☐ Add crushed tomatoes, red and green peppers, chicken stock, and peanut butter. Cover and let simmer on low heat for 45 minutes, stirring occasionally.
- ☐ Add cheese, peas, and chili pepper. Simmer on low heat, stirring regularly. When sauce has thickened (approximately 5 minutes), remove from heat.
- ☐ Serve over white rice.

Nutrition Facts



Properties

Glycemic Index:114.58, Glycemic Load:80.98, Inflammation Score:-10, Nutrition Score:53.983477882717%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 3.59mg, Luteolin: 3.59mg, Luteolin: 3.59mg, Luteolin: 3.59mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 1184.33kcal (59.22%), Fat: 49.39g (75.98%), Saturated Fat: 13.95g (87.17%), Carbohydrates: 111.93g (37.31%), Net Carbohydrates: 100.5g (36.54%), Sugar: 23.87g (26.52%), Cholesterol: 177.52mg (59.17%), Sodium: 1867.67mg (81.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.17g (156.34%), Vitamin B3: 36.97mg (184.83%), Selenium: 102.27µg (146.11%), Vitamin B6: 2.84mg (141.76%), Manganese: 2.61mg (130.52%), Vitamin C: 102.11mg (123.77%), Phosphorus: 973.83mg (97.38%), Potassium: 2468.22mg (70.52%), Vitamin E: 10.34mg (68.9%), Magnesium: 248.79mg (62.2%), Vitamin B5: 5.49mg (54.85%), Copper: 1.08mg (53.79%), Fiber: 11.43g (45.73%), Vitamin B2: 0.71mg (42.03%), Vitamin B1: 0.58mg (38.46%), Iron: 6.64mg (36.88%), Zinc: 5.51mg (36.76%), Vitamin A: 1769.69IU (35.39%), Folate: 121.93µg (30.48%), Vitamin K: 30.75µg (29.28%), Calcium: 266.34mg (26.63%), Vitamin B12: 0.62µg (10.26%), Vitamin D: 0.31µg (2.08%)