

Kettle Goulash

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.3 ounce beef broth fat-free canned
- ☐ 2 pounds boned bottom round roast lean cut into 1-inch cubes
- ☐ 1 teaspoon caraway seeds
- ☐ 1 teaspoon marjoram dried
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 garlic clove minced
- ☐ 1 cup bell pepper diced green
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1.5 teaspoons paprika
- ☐ 0.5 teaspoon pepper
- ☐ 2 cups plum tomatoes diced
- ☐ 1.5 cups onion red vertically sliced
- ☐ 2 cups potatoes red cubed peeled
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water

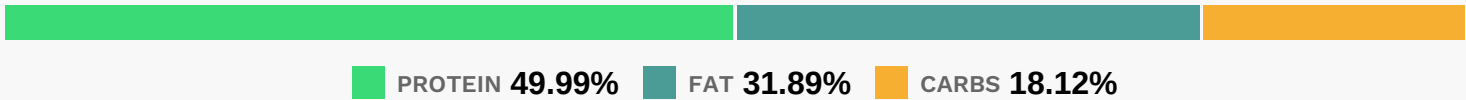
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add beef, browning on all sides.
- ☐ Remove from pan.
- ☐ Add tomato, onion, bell pepper, and garlic; saut 10 minutes.
- ☐ Return beef to pan; stir in potato and remaining ingredients. Bring to a boil; cover, reduce heat, and simmer 1 1/2 hours or until beef is tender.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:1.79, Inflammation Score:-8, Nutrition Score:24.57521745433%

Flavonoids

Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.03mg, Catechin:

1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg

Nutrients (% of daily need)

Calories: 304.43kcal (15.22%), Fat: 10.32g (15.87%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 10.35g (3.77%), Sugar: 4.81g (5.35%), Cholesterol: 93.74mg (31.25%), Sodium: 540.76mg (23.51%), Alcohol: 1.4g (100%), Alcohol %: 0.43% (100%), Protein: 36.39g (72.78%), Selenium: 42.83µg (61.19%), Vitamin B6: 1.22mg (61.16%), Vitamin B3: 11.73mg (58.67%), Vitamin B12: 2.84µg (47.4%), Vitamin C: 37.09mg (44.95%), Zinc: 6.66mg (44.39%), Phosphorus: 389.31mg (38.93%), Potassium: 977.45mg (27.93%), Iron: 4mg (22.2%), Vitamin A: 1001.29IU (20.03%), Vitamin B2: 0.31mg (17.95%), Vitamin B1: 0.23mg (15.25%), Magnesium: 60.76mg (15.19%), Vitamin K: 15.72µg (14.97%), Manganese: 0.28mg (13.93%), Copper: 0.27mg (13.64%), Folate: 48.28µg (12.07%), Fiber: 2.84g (11.37%), Vitamin B5: 0.91mg (9.08%), Vitamin E: 1.33mg (8.85%), Calcium: 60.82mg (6.08%)