



 **34%**  
HEALTH SCORE

## Liz's Lomo Saltado

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**663 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds beef tenderloin cut into 1 inch chunks or strips
- 1 teaspoon cumin
- 1 teaspoon complete seasoning
- 1 bell pepper green julienned
- 1 bell pepper red julienned
- 1 onion yellow chopped finely
- 3 garlic clove minced
- 1 jalapeno seeded chopped finely

- 1 teaspoon red wine vinegar
- 0.3 cup soya sauce
- 8 inches plum tomatoes halved cut into 1 chunks
- 1 bag fries frozen french
- 0.3 cup cilantro leaves chopped for garnishment

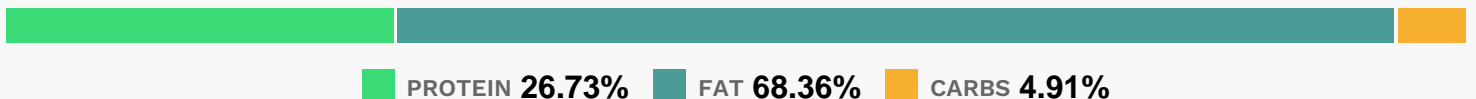
## Equipment

- frying pan
- wok

## Directions

- Prepare the frozen french fries according to directions. Set aside when complete and keep warm.
- Heat a large wok or skillet over medium-high heat.
- Saute the onions and bell peppers until translucent, about 10 minutes.
- Add the garlic and jalapeno and cook for an additional minute.
- Mix everything until combined.
- Add the beef chunks, cumin, complete seasoning, soy sauce and red wine vinegar sauce.
- Mix well and cook until beef is no longer pink about 5 to 7 minutes.
- Add the tomato chunks and add the cover and cook for additional 5 minutes. When ready to serve, add the french fries and toss everything gently together.
- Serve lomo saltado over a bed of white rice and garnish with freshly chopped cilantro leaves. Enjoy with aji sauce on the side.

## Nutrition Facts



## Properties

Glycemic Index:71.33, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:28.623043478261%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

## Taste

Sweetness: 19.08%, Saltiness: 100%, Sourness: 28.87%, Bitterness: 16.99%, Savoriness: 58.98%, Fattiness: 48.23%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 663.08kcal (33.15%), Fat: 49.88g (76.74%), Saturated Fat: 20.39g (127.47%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 6.05g (2.2%), Sugar: 3.7g (4.11%), Cholesterol: 158.76mg (52.92%), Sodium: 1017.65mg (44.25%), Protein: 43.88g (87.76%), Vitamin B12: 5.9µg (98.28%), Vitamin C: 69.91mg (84.74%), Vitamin B6: 1.13mg (56.39%), Selenium: 39.44µg (56.34%), Zinc: 7.21mg (48.06%), Phosphorus: 459.85mg (45.99%), Vitamin B3: 7.95mg (39.75%), Iron: 6.38mg (35.45%), Vitamin B2: 0.55mg (32.27%), Potassium: 920.64mg (26.3%), Vitamin A: 1196.18IU (23.92%), Vitamin B1: 0.34mg (22.54%), Magnesium: 64.29mg (16.07%), Copper: 0.28mg (14.2%), Manganese: 0.27mg (13.68%), Folate: 40.6µg (10.15%), Vitamin B5: 0.93mg (9.28%), Fiber: 2.01g (8.05%), Vitamin K: 7.98µg (7.6%), Vitamin E: 0.78mg (5.21%), Calcium: 40.58mg (4.06%)