

## Make-Ahead Ground Beef

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

READY IN



**30 min.**

SERVINGS



**16**

CALORIES



**221 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 lb ground beef 80% lean (at least )
- 1 cup onion chopped (2 medium)
- 2 cloves garlic finely chopped
- 1.5 teaspoons salt
- 0.3 teaspoon pepper

### Equipment

- frying pan
- aluminum foil

ziploc bags

## Directions

- In a 12-inch skillet, cook beef, onions and garlic over medium-high heat, stirring frequently; drain. Reduce heat, cook 5 more minutes. Cool for 5 minutes.
- Line a rimmed sheet pan with foil and spoon beef onto foil.
- Break beef apart as necessary, ensuring that it's spread evenly on the pan.
- Freeze about 1 hour, stirring once, until firm.
- Divide mixture into quart-sized resealable freezer plastic bags or containers with about 2 cups in each. Label and freeze up to 2 months.

## Nutrition Facts

**PROTEIN 27.24%** **FAT 70.77%** **CARBS 1.99%**

## Properties

Glycemic Index:5.56, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:7.3313043043827%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 220.66kcal (11.03%), Fat: 17.02g (26.19%), Saturated Fat: 6.53g (40.82%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.43g (0.48%), Cholesterol: 60.38mg (20.13%), Sodium: 275.47mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.48%), Vitamin B12: 1.82µg (30.33%), Zinc: 3.58mg (23.85%), Selenium: 12.86µg (18.38%), Vitamin B3: 3.61mg (18.05%), Vitamin B6: 0.29mg (14.57%), Phosphorus: 137.9mg (13.79%), Iron: 1.68mg (9.35%), Vitamin B2: 0.13mg (7.59%), Potassium: 246.2mg (7.03%), Vitamin B5: 0.44mg (4.42%), Magnesium: 15.61mg (3.9%), Copper: 0.06mg (2.87%), Vitamin B1: 0.04mg (2.8%), Vitamin E: 0.35mg (2.34%), Folate: 7.87µg (1.97%), Calcium: 18.56mg (1.86%), Manganese: 0.03mg (1.61%), Vitamin K: 1.63µg (1.55%), Vitamin C: 0.86mg (1.04%)