



Marha Pörkölt - Hungarian Beef Paprika Stew



Gluten Free



Dairy Free



Popular

READY IN



135 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb stew meat lean (I used beef)
- ☐ 1 tsp caraway seeds
- ☐ 1 tbsp parsley fresh chopped for garnish
- ☐ 1 large garlic clove minced
- ☐ 0.5 medium bell pepper green chopped
- ☐ 2 tbsp paprika sweet (mild)
- ☐ 1 large onion minced
- ☐ 4 servings salt and pepper black to taste

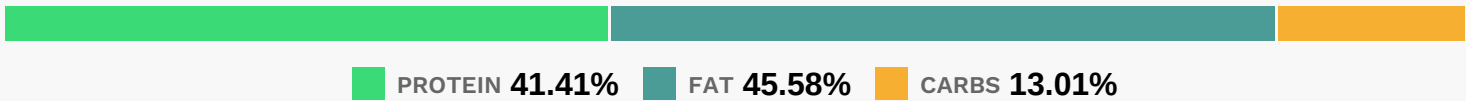
- ☐ 1 large tomatoes cored chopped
- ☐ 2 tbsp vegetable oil (I used canola)

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Marha Pörkölt – Hungarian Beef Paprika Stew
- ☐ Ingredients 2 tbsp vegetable oil (I used canola)1 large onion, minced1 large garlic clove, minced1/2 medium green bell pepper, chopped1 lb. beef stew meat (I used lean beef)2 tbsp sweet (mild) paprika – Hungarian paprika is best1 tsp caraway seeds1 large tomato, cored and chopped
- ☐ Salt and black pepper to taste1 tbsp chopped fresh parsley for garnish (optional)
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 2 Hours
- ☐ Total Time: 2 Hours 15 Minutes
- ☐ Servings: 4
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:20.98826082893%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

8.22mg

Nutrients (% of daily need)

Calories: 258.11kcal (12.91%), Fat: 13.12g (20.18%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 5.52g (2.01%), Sugar: 3.52g (3.92%), Cholesterol: 70.31mg (23.44%), Sodium: 264.64mg (11.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.81g (53.62%), Vitamin B6: 0.94mg (47.11%), Selenium: 31.99µg (45.7%), Vitamin A: 2240.69IU (44.81%), Vitamin B3: 8.44mg (42.18%), Vitamin K: 37.11µg (35.35%), Vitamin B12: 2.1µg (34.96%), Zinc: 5.08mg (33.85%), Phosphorus: 284.25mg (28.42%), Vitamin C: 22.61mg (27.4%), Iron: 3.49mg (19.38%), Potassium: 670.51mg (19.16%), Vitamin E: 2.24mg (14.96%), Vitamin B2: 0.25mg (14.77%), Fiber: 2.9g (11.62%), Magnesium: 45.71mg (11.43%), Vitamin B1: 0.16mg (10.93%), Manganese: 0.21mg (10.57%), Copper: 0.2mg (9.8%), Folate: 33.41µg (8.35%), Vitamin B5: 0.69mg (6.92%), Calcium: 50.63mg (5.06%)