



Men's Dip



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup blanched slivered almonds
- ☐ 8 ounce canned tomatoes diced drained canned
- ☐ 2 cloves garlic minced
- ☐ 0.8 cup bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 2 jalapeño peppers seeded chopped
- ☐ 0.8 cup onion chopped
- ☐ 1 tablespoon oregano dried

- ☐ 2 ounce pimento peppers drained chopped
- ☐ 0.8 cup raisins
- ☐ 2 teaspoons salt
- ☐ 6 ounce tomato paste canned
- ☐ 2 tablespoons sugar white to taste

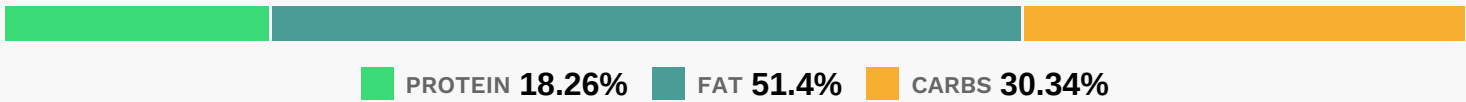
Equipment

- ☐ frying pan

Directions

- ☐ Crumble the ground beef into a large skillet over medium heat. Cook, stirring to crumble, until starting to brown.
- ☐ Add the onion, garlic, bell pepper and jalapeno pepper, and cook until meat is no longer pink.
- ☐ Drain excess grease. Fill the pan with enough water to cover the beef, cover, and simmer over low heat for 30 minutes.
- ☐ Stir in the almonds, pimentos, raisins, tomatoes, tomato paste and sugar. Season with oregano and salt. Simmer over low heat, stirring occasionally for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:44.24, Glycemic Load:9.43, Inflammation Score:-8, Nutrition Score:14.0521739203%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 285.98kcal (14.3%), Fat: 16.99g (26.14%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 18.66g (6.78%), Sugar: 7.03g (7.81%), Cholesterol: 40.26mg (13.42%), Sodium: 693.22mg

(30.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.15%), Vitamin C: 29.41mg (35.65%), Vitamin E: 3.61mg (24.08%), Manganese: 0.41mg (20.51%), Vitamin B12: 1.21µg (20.22%), Vitamin B6: 0.39mg (19.66%), Zinc: 2.92mg (19.48%), Vitamin B3: 3.73mg (18.63%), Phosphorus: 175.97mg (17.6%), Iron: 2.91mg (16.18%), Potassium: 557.09mg (15.92%), Fiber: 3.9g (15.62%), Copper: 0.3mg (14.91%), Magnesium: 56.58mg (14.15%), Selenium: 9.47µg (13.52%), Vitamin B2: 0.23mg (13.34%), Vitamin K: 10.01µg (9.54%), Vitamin A: 395.96IU (7.92%), Vitamin B1: 0.12mg (7.77%), Calcium: 72.27mg (7.23%), Folate: 22.98µg (5.74%), Vitamin B5: 0.51mg (5.15%)