



Mom's Carne Guisada

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 cup flour all-purpose
- 1 tablespoon garlic powder
- 1 bell pepper green chopped
- 1 teaspoon ground cumin
- 2 tablespoons olive oil
- 1 onion sliced
- 2 pounds round steak cut into bite size pieces
- 8 servings salt and pepper to taste

2 cups water

Equipment

frying pan

Directions

- Season the meat with the garlic powder, cumin and salt and pepper to taste.
- Heat the oil in a large skillet over medium high heat.
- Add the meat and saute for 5 to 10 minutes, or until browned on all sides.
- Add the flour, stirring well, and saute for 1 more minute. Gradually add the water, making sure to crush any flour lumps. Then add the onion and green bell pepper, reduce heat to low and simmer for 15 to 20 minutes. Season with salt and pepper to taste.

Nutrition Facts

PROTEIN 51.74% **FAT 39.84%** **CARBS 8.42%**

Properties

Glycemic Index:15.25, Glycemic Load:1.44, Inflammation Score:-3, Nutrition Score:14.926087218782%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 209.53kcal (10.48%), Fat: 9.04g (13.91%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.65g (1.33%), Sugar: 0.98g (1.08%), Cholesterol: 71.44mg (23.81%), Sodium: 263.51mg (11.46%), Alcohol: 0g (100%), Protein: 26.42g (52.84%), Selenium: 33.42µg (47.74%), Vitamin B6: 0.82mg (41.18%), Vitamin B3: 8.05mg (40.24%), Vitamin B12: 2.14µg (35.72%), Zinc: 4.97mg (33.13%), Phosphorus: 266.2mg (26.62%), Vitamin C: 13.01mg (15.77%), Iron: 2.82mg (15.65%), Potassium: 463.83mg (13.25%), Vitamin B2: 0.2mg (12.03%), Vitamin B1: 0.14mg (9.59%), Magnesium: 33.92mg (8.48%), Vitamin B5: 0.81mg (8.13%), Copper: 0.15mg (7.48%), Vitamin E: 0.92mg (6.12%), Folate: 22.91µg (5.73%), Vitamin K: 4.65µg (4.43%), Manganese: 0.08mg (4.19%), Calcium: 32.67mg (3.27%), Fiber: 0.66g (2.62%), Vitamin A: 58.49IU (1.17%)