



Peruvian Lomo Saltado



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pepper flakes yellow preferably Peruvian aji amarillo
- ☐ 16 ounce fries frozen french
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 large onion sliced into strips
- ☐ 4 servings salt and pepper to taste
- ☐ 1 dash soya sauce to taste
- ☐ 3 large tomatoes peeled seeded sliced into strips
- ☐ 1 pound beef tri tip sliced

- ☐ 4 servings vegetable oil as needed
- ☐ 0.3 cup distilled vinegar white

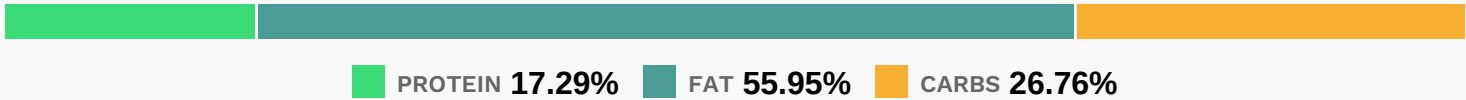
Equipment

- ☐ frying pan

Directions

- ☐ Prepare the bag of French fries according to package directions.
- ☐ While the French fries are cooking, heat the oil in a frying pan over medium-high heat. Season the sliced meat with salt and pepper to taste. Fry the meat until just cooked, and the juices begin to release.
- ☐ Remove the meat from the frying pan, then cook the onions, with additional oil if needed, until they are transparent. Stir in the tomato and aji amarillo; cook until the tomato softens.
- ☐ Pour in the vinegar and soy sauce, add the French fries, cover, and cook until the beef is done, about 3 minutes. Season to taste with salt and pepper, and sprinkle with chopped parsley to serve.

Nutrition Facts



Properties

Glycemic Index:67.83, Glycemic Load:21.28, Inflammation Score:-9, Nutrition Score:26.51782595593%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 653.51kcal (32.68%), Fat: 41.02g (63.11%), Saturated Fat: 10.91g (68.19%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 36.52g (13.28%), Sugar: 5.8g (6.45%), Cholesterol: 74.84mg (24.95%), Sodium: 833.15mg (36.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.52g (57.05%), Vitamin K: 72.53µg (69.07%), Vitamin C: 47.45mg (57.51%), Vitamin B6: 1.06mg (52.8%), Vitamin B3: 10.47mg (52.37%), Selenium: 27.09µg

(38.7%), Potassium: 1273.53mg (36.39%), Phosphorus: 352.23mg (35.22%), Zinc: 4.78mg (31.89%), Fiber: 7.62g (30.46%), Vitamin A: 1413.38IU (28.27%), Manganese: 0.51mg (25.43%), Iron: 3.89mg (21.6%), Vitamin B12: 1.2µg (20.03%), Folate: 70.69µg (17.67%), Magnesium: 66.84mg (16.71%), Vitamin E: 2.35mg (15.64%), Vitamin B1: 0.23mg (15.61%), Vitamin B5: 1.49mg (14.85%), Vitamin B2: 0.2mg (11.57%), Copper: 0.23mg (11.49%), Calcium: 66.29mg (6.63%)