



Picadillo

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

READY IN



55 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 0.8 cup beef stock
- 1.5 cups tomatoes diced canned
- 1 tablespoon capers drained
- 0.3 teaspoon cayenne pepper
- 2 teaspoons chili powder
- 0.5 pound chorizo sausage chopped
- 2 cloves garlic chopped

- 1 pound ground beef
- 0.3 teaspoon ground cinnamon
- 1 tablespoon ground cumin
- 1 tablespoon juice of lime
- 2 tablespoons olive oil
- 1 large onion chopped
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 0.3 cup pimento-stuffed olives green chopped
- 0.5 cup raisins
- 0.5 cup bell pepper red chopped
- 0.3 cup slivered almonds toasted
- 1 tablespoon sugar white

Equipment

- frying pan

Directions

- Heat the olive oil in a large skillet over medium heat.
- Add the ground beef and chorizo sausage. Cook and stir until no longer pink, about 10 minutes.
- Drain off some of the grease, and stir in the onions and bell pepper. Cook until soft, then add the garlic. Season with cumin, chili powder, oregano, paprika, cayenne and cinnamon. Cook and stir for about one minute to release the fragrance.
- Pour the tomatoes and beef stock into the pan, along with the sugar. Set the heat to low, cover, and simmer for 20 to 30 minutes.
- Stir the raisins, olives, capers and vinegar into the pan, and simmer uncovered for 5 minutes.
- Add the almonds and lime juice, and cook until they are heated, then serve.

Nutrition Facts



■ PROTEIN 18.74% ■ FAT 61.76% ■ CARBS 19.5%

Properties

Glycemic Index:54.98, Glycemic Load:7.37, Inflammation Score:-8, Nutrition Score:16.639999887218%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 419.31kcal (20.97%), Fat: 29.24g (44.99%), Saturated Fat: 9.95g (62.16%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 17g (6.18%), Sugar: 5.67g (6.3%), Cholesterol: 80.34mg (26.78%), Sodium: 339.38mg (14.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.96g (39.93%), Vitamin C: 32.11mg (38.92%), Vitamin B12: 1.62µg (26.96%), Vitamin E: 3.83mg (25.56%), Zinc: 3.7mg (24.69%), Iron: 4.27mg (23.75%), Vitamin B6: 0.47mg (23.54%), Vitamin B3: 4.6mg (23%), Vitamin A: 1090.42IU (21.81%), Phosphorus: 200.01mg (20%), Manganese: 0.38mg (19.14%), Potassium: 637.07mg (18.2%), Selenium: 12.68µg (18.11%), Vitamin B2: 0.3mg (17.66%), Fiber: 3.78g (15.11%), Magnesium: 53.45mg (13.36%), Copper: 0.25mg (12.45%), Vitamin K: 10.28µg (9.79%), Calcium: 92.96mg (9.3%), Vitamin B1: 0.13mg (8.49%), Folate: 26.24µg (6.56%), Vitamin B5: 0.58mg (5.82%)