



Picadillo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baking potatoes peeled cut into 1/2-inch pieces (2)
- ☐ 0.5 cup beer
- ☐ 1.3 cups canned tomatoes canned drained chopped (one 15-ounce can)
- ☐ 2 tablespoons cooking oil
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 0.5 cup olives green pitted quartered
- ☐ 1.3 pounds ground beef

- ☐ 1.3 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 large onion chopped
- ☐ 0.5 cup raisins
- ☐ 1.5 teaspoons salt
- ☐ 0.3 teaspoon all the tabasco sauce you handle
- ☐ 2 tablespoons tomato paste

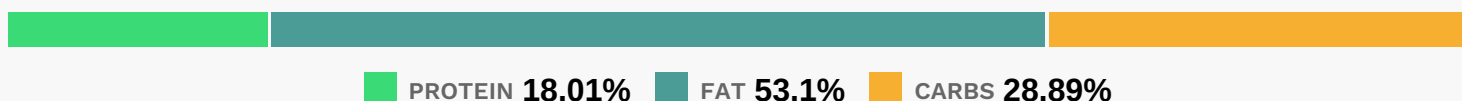
Equipment

- ☐ frying pan

Directions

- ☐ In a large stainless-steel frying pan, cook the ground beef until it is no longer pink.
- ☐ Add the onion, bell pepper, and garlic and cook, stirring occasionally, until starting to soften, about 3 minutes.
- ☐ Stir in the beer, tomatoes, tomato paste, cumin, coriander, salt, black pepper, and Tabasco sauce and bring to a boil. Reduce the heat and simmer, covered, for 15 minutes.
- ☐ Meanwhile, in a large nonstick frying pan, heat the oil over moderately high heat.
- ☐ Add the potatoes and cook, stirring occasionally, until golden brown, 8 to 10 minutes.
- ☐ Add the potatoes, raisins, and olives to the meat mixture. Cook, covered, until the potatoes are just done, about 10 minutes longer.
- ☐ Wine Recommendation: Northern Rhne reds need robust culinary foils, and this sturdy picadillo is up to the task. Look for a St-Joseph or Crozes-Hermitage--or, if you want to splurge, a Hermitage or Cte Rtie. If you don't, a beer will be just fine.

Nutrition Facts



Properties

Glycemic Index:83.26, Glycemic Load:25.75, Inflammation Score:-7, Nutrition Score:26.335217328175%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 651.61kcal (32.58%), Fat: 38.7g (59.53%), Saturated Fat: 11.88g (74.22%), Carbohydrates: 47.37g (15.79%), Net Carbohydrates: 41.41g (15.06%), Sugar: 6.02g (6.69%), Cholesterol: 100.64mg (33.55%), Sodium: 1430.98mg (62.22%), Alcohol: 1.15g (100%), Alcohol %: 0.3% (100%), Protein: 29.53g (59.07%), Vitamin B6: 1.14mg (57.17%), Vitamin C: 44.19mg (53.57%), Vitamin B12: 3.04µg (50.65%), Zinc: 6.66mg (44.4%), Vitamin B3: 8.63mg (43.16%), Potassium: 1392.52mg (39.79%), Phosphorus: 353.46mg (35.35%), Iron: 6.29mg (34.94%), Selenium: 23.28µg (33.26%), Manganese: 0.5mg (25.1%), Fiber: 5.97g (23.86%), Vitamin E: 3.5mg (23.35%), Vitamin B2: 0.37mg (21.8%), Magnesium: 84.47mg (21.12%), Copper: 0.42mg (21%), Vitamin B1: 0.27mg (17.68%), Vitamin K: 15.69µg (14.95%), Vitamin B5: 1.27mg (12.69%), Folate: 46.26µg (11.56%), Calcium: 112.14mg (11.21%), Vitamin A: 407.8IU (8.16%)