



Picadillo Con Carne de Res (Potato-and-Beef Hash)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 3 garlic cloves minced
- 1 cup bell pepper green chopped
- 1 teaspoon ground cumin
- 0.5 pound ground round
- 1 cup onion chopped
- 0.3 teaspoon pepper

- 2 pounds potatoes red cubed
- 0.5 teaspoon salt
- 0.5 cup tamarind purée
- 6 servings tangy tamarind sauce

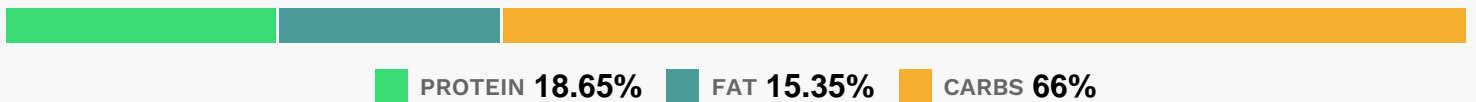
Equipment

- frying pan
- dutch oven

Directions

- Place the potato cubes in a Dutch oven; add water to cover, and bring to a boil. Cook for 8 minutes or until tender.
- Drain and set potato cubes aside.
- Cook meat, onion, bell pepper, and garlic in pan over medium heat until browned, stirring to crumble. Stir in potato cubes, Tamarind Pure, chopped cilantro, cumin, salt, and pepper. Cover, reduce heat, and simmer 5 minutes or until thoroughly heated, stirring occasionally.
- Serve with Tangy Tamarind Sauce.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:8.51, Inflammation Score:-6, Nutrition Score:14.319565114768%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 241.41kcal (12.07%), Fat: 4.27g (6.58%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 36.75g (13.36%), Sugar: 11.75g (13.05%), Cholesterol: 24.57mg (8.19%), Sodium: 254.81mg (11.08%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.37%), Vitamin C: 36.4mg (44.12%), Potassium: 1039.52mg (29.7%), Vitamin B6: 0.52mg (25.97%), Vitamin B3: 4.24mg (21.22%), Phosphorus: 202.41mg (20.24%), Fiber: 4.61g (18.46%), Vitamin B1: 0.26mg (17.28%), Magnesium: 67.01mg (16.75%), Manganese: 0.33mg (16.64%), Iron: 2.94mg (16.35%), Zinc: 2.45mg (16.31%), Copper: 0.29mg (14.25%), Vitamin B12: 0.84µg (13.92%), Selenium: 7.68µg (10.97%), Folate: 40.58µg (10.14%), Vitamin K: 10.15µg (9.66%), Vitamin B2: 0.16mg (9.17%), Vitamin B5: 0.75mg (7.49%), Calcium: 50.51mg (5.05%), Vitamin A: 174.02IU (3.48%), Vitamin E: 0.29mg (1.93%)