



Picadillo (Cuban Beef Hash)

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



5

CALORIES



664 kcal

SIDE DISH

Ingredients

- 1 tablespoon adobo seasoning
- 0.5 teaspoon pepper black
- 28 ounce tomato sauce canned
- 4 cloves garlic minced
- 0.5 teaspoon garlic powder
- 0.5 teaspoon garlic salt
- 2.5 pounds ground beef
- 0.5 cup brine from olive jar

0.5 cup stuffed olives green

Equipment

frying pan

pot

sieve

Directions

Heat a large pot over medium-high heat until hot.

Add beef and garlic; cook and stir until the beef is crumbly and no longer pink.

Place cooked beef in a mesh strainer to drain off the grease.

Return beef to the pan and add the tomato sauce, green olives, and olive brine. Season with garlic salt, garlic powder, adobo seasoning, and pepper. Bring to a simmer, then reduce heat to medium-low, cover, and simmer for 45 minutes, stirring occasionally.

Nutrition Facts

PROTEIN 25.09% **FAT 67.82%** **CARBS 7.09%**

Properties

Glycemic Index:23.4, Glycemic Load:3.03, Inflammation Score:-6, Nutrition Score:26.669130563736%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 663.68kcal (33.18%), Fat: 50g (76.92%), Saturated Fat: 18.02g (112.66%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 8.23g (2.99%), Sugar: 5.87g (6.52%), Cholesterol: 161.03mg (53.68%), Sodium: 1559.8mg (67.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.61g (83.22%), Vitamin B12: 4.85µg (80.89%), Zinc: 9.93mg (66.19%), Vitamin B3: 11.26mg (56.29%), Selenium: 36.02µg (51.46%), Vitamin B6: 0.96mg (47.91%), Phosphorus: 414.14mg (41.41%), Iron: 6.23mg (34.59%), Potassium: 1130.2mg (32.29%), Vitamin E: 4.26mg (28.41%), Vitamin B2: 0.45mg (26.26%), Copper: 0.37mg (18.67%), Magnesium: 67.75mg (16.94%), Vitamin B5: 1.67mg (16.67%), Vitamin A: 794.84IU (15.9%), Vitamin C: 11.88mg (14.41%), Fiber: 3.54g (14.18%), Manganese: 0.28mg (13.87%), Vitamin B1: 0.15mg (10.31%), Vitamin K: 9.28µg (8.84%), Calcium: 83.96mg (8.4%), Folate: 31.97µg (7.99%),

Vitamin D: 0.23 μ g (1.51%)