



Picadillo Cubano (Cuban Ground Beef Dish)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 5 garlic cloves crushed
- ☐ 1 bell pepper green finely chopped
- ☐ 2 pound ground beef
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup olive oil
- ☐ 1 large onion finely chopped
- ☐ 0.3 teaspoon ground oregano

- ☐ 0.5 cup stuffed olives spanish cut in half
- ☐ 0.3 cup raisins
- ☐ 6 servings salt and pepper
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup tomato sauce
- ☐ 1 cup white wine

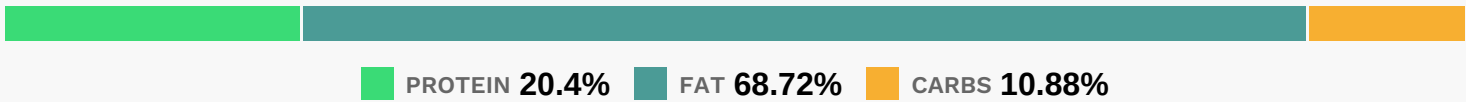
Equipment

- ☐ sauce pan

Directions

- ☐ Place a sauce pan on medium-high heat and add the olive oil.
- ☐ Add the beef and brown, stirring occasionally, then add the cumin, oregano, bay leaf, onion, bell pepper, garlic and season with salt and pepper.Cook for about 10 minutes more.
- ☐ Add the tomato sauce, white wine, olives and raisins. Reduce the heat to low, cover and cook for about 30 minutes, stirring often.
- ☐ Remove the bay leaf and serve over plain white rice.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:5.24, Inflammation Score:-6, Nutrition Score:18.84086970661%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 567.13kcal (28.36%), Fat: 41.25g (63.47%), Saturated Fat: 13.13g (82.09%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 12.18g (4.43%), Sugar: 3.79g (4.21%), Cholesterol: 107.35mg (35.78%), Sodium: 691.97mg (30.09%), Alcohol: 4.12g (100%), Alcohol %: 1.68% (100%), Protein: 27.56g (55.11%), Vitamin B12: 3.24µg (53.93%), Zinc: 6.6mg (44.02%), Vitamin B3: 7.19mg (35.95%), Vitamin B6: 0.68mg (34%), Selenium: 23.75µg (33.93%), Phosphorus: 281.84mg (28.18%), Vitamin C: 22.48mg (27.24%), Iron: 4.14mg (23%), Potassium: 741.61mg (21.19%), Vitamin E: 3.15mg (20.99%), Vitamin B2: 0.29mg (17.17%), Manganese: 0.25mg (12.25%), Magnesium: 46.57mg (11.64%), Vitamin K: 12.04µg (11.47%), Copper: 0.22mg (11.04%), Fiber: 2.51g (10.05%), Vitamin B5: 0.98mg (9.79%), Vitamin B1: 0.12mg (7.92%), Vitamin A: 340.36IU (6.81%), Calcium: 61.09mg (6.11%), Folate: 22.61µg (5.65%), Vitamin D: 0.15µg (1.01%)