



## Posta Negra (Colombian-Style Black Beef)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 pounds beef eye round roast
- ☐ 0.5 cup brown sugar grated
- ☐ 2 tablespoons butter
- ☐ 1 cup coca-cola
- ☐ 5 garlic cloves
- ☐ 1 large onion
- ☐ 3 tablespoons salsa negra
- ☐ 6 servings salt and pepper

☐ 2 tablespoons vegetable oil

Equipment

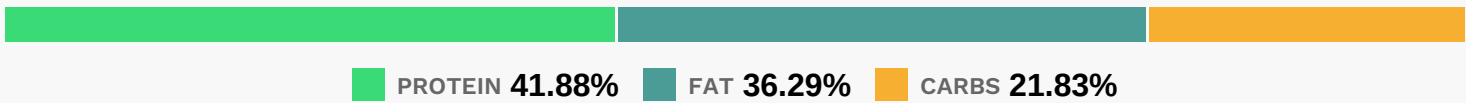
☐ food processor

☐ pot

Directions

- ☐ Place the onions and garlic in a food processor and puree.
- ☐ Place the beef in a zip lock bag, add the onion mixture, salt and pepper.Be sure the beef is covered with the marinade and refrigerate for at least 3 hours or overnight.In a large pot over medium-high heat, melt the butter and brown the meat on all sides.
- ☐ Add water to cover the beef and cook for 2 hours over medium heat.
- ☐ Add the brown sugar, Coca-Cola, butter and Worcestershire sauce.Cook for about 30 minutes more. To serve slice the beef and pour the sauce on top.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:3.12, Inflammation Score:-4, Nutrition Score:26.702608756397%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 495.54kcal (24.78%), Fat: 19.61g (30.17%), Saturated Fat: 6.96g (43.48%), Carbohydrates: 26.54g (8.85%), Net Carbohydrates: 26.07g (9.48%), Sugar: 23.25g (25.83%), Cholesterol: 150.65mg (50.22%), Sodium: 469.43mg (20.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.15mg (1.05%), Protein: 50.92g (101.83%), Selenium: 63.65µg (90.93%), Vitamin B6: 1.55mg (77.48%), Vitamin B3: 15.45mg (77.26%), Vitamin B12: 4.2µg (70.06%), Zinc: 9.54mg (63.6%), Phosphorus: 509.57mg (50.96%), Iron: 5.39mg (29.97%), Potassium: 914.23mg (26.12%), Vitamin B2: 0.38mg (22.65%), Vitamin B1: 0.23mg (15.57%), Magnesium: 60.41mg (15.1%), Copper: 0.27mg (13.28%), Vitamin K: 11.61µg (11.06%), Vitamin B5: 1.06mg (10.64%), Folate: 35.31µg (8.83%), Calcium: 79.7mg (7.97%), Vitamin E: 1.17mg (7.82%), Manganese: 0.12mg (5.94%), Vitamin C: 3.73mg (4.53%), Vitamin A: 124.06IU (2.48%), Fiber: 0.48g (1.91%)