



## Potted Beef

 **Gluten Free**  **Low Fod Map**

READY IN



240 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound beef stew meat cut into 1/2 inch pieces
- 0.3 pound butter
- 4 servings ground nutmeg to taste
- 4 servings ground pepper black to taste
- 4 servings paprika to taste
- 4 servings salt to taste

## Equipment

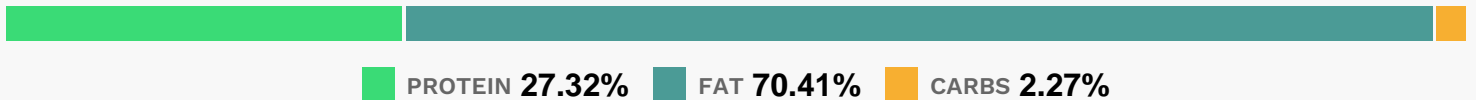
- bowl

- sauce pan
- cheesecloth
- meat grinder

## Directions

- In a heavy medium saucepan, simmer the beef in 1/4 inch of water. Stew until very tender, about 2 to 3 hours, replacing water as necessary.
- Drain, reserving the liquid.
- Pass the cooked stew meat through a meat grinder twice, until it is the consistency of a thick, stringy paste.
- In a small saucepan, melt the butter. Filter the melted butter through clean muslin (cheese cloth), to remove the milk solids.
- In a medium bowl, mix the cooked meat with 3/4 of the strained, melted butter. Season with salt, pepper, paprika and nutmeg to taste. Stir in desired amount of reserved cooking liquid to moisten.
- Transfer the mixture to sterile containers and top with remaining butter. Seal and chill in the refrigerator until serving.

## Nutrition Facts



## Properties

Glycemic Index:41.75, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:15.575217250897%

## Nutrients (% of daily need)

Calories: 378.41kcal (18.92%), Fat: 29.6g (45.54%), Saturated Fat: 17.06g (106.63%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.79g (0.88%), Cholesterol: 131.26mg (43.75%), Sodium: 441.28mg (19.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.85g (51.7%), Selenium: 31.86µg (45.51%), Vitamin B3: 7.9mg (39.51%), Vitamin B6: 0.79mg (39.38%), Vitamin B12: 2.15µg (35.77%), Vitamin A: 1696.12IU (33.92%), Zinc: 4.87mg (32.49%), Phosphorus: 261.31mg (26.13%), Iron: 2.84mg (15.76%), Potassium: 447.46mg (12.78%), Vitamin B2: 0.22mg (12.76%), Vitamin E: 1.58mg (10.54%), Magnesium: 35.18mg (8.79%), Vitamin B1: 0.12mg (8.03%), Copper: 0.15mg (7.37%), Manganese: 0.12mg (5.95%), Vitamin B5: 0.58mg (5.77%), Vitamin K: 5.11µg (4.87%), Fiber: 1.14g (4.56%), Folate: 18.11µg (4.53%), Calcium: 37.17mg (3.72%)