



HEALTH SCORE

69%

Quick Beef Boliche



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**334 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



0.8 cup bell pepper green



0.3 teaspoon pepper black freshly ground



14.5 ounce canned tomatoes diced undrained canned



0.5 cup celery



3 ounces mild chicken sausage italian hot



3 garlic cloves minced



1 tablespoon juice of lime fresh

- ☐ 0.5 cup onion
- ☐ 0.3 cup pimento stuffed olives divided sliced
- ☐ 2 cups potatoes diced refrigerated with onions such as simply potatoes
- ☐ 0.5 teaspoon salt
- ☐ 1 pound top sirloin cut into 1-inch pieces

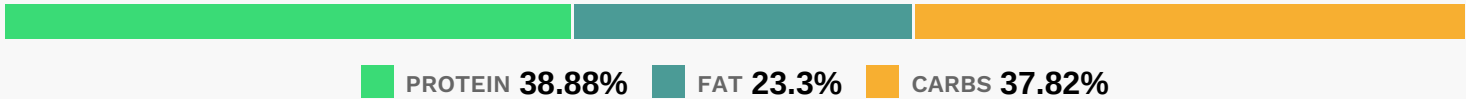
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over high heat. Coat pan with cooking spray.
- ☐ Sprinkle beef with salt and black pepper.
- ☐ Add beef to pan; saut 3 minutes or until browned.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan; saut 1 minute or until browned, stirring to crumble. Stir in bell pepper, onion, celery, and garlic; saut 2 minutes or until tender.
- ☐ Add potatoes, 2 tablespoons olives, and bay leaf to pan.
- ☐ Pour tomatoes evenly over beef mixture. Cover, reduce heat, and simmer 35 minutes or until beef is tender. Discard bay leaf. Stir in remaining 2 tablespoons olives and lime juice.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:68.69, Glycemic Load:16.58, Inflammation Score:0, Nutrition Score:27.050869402678%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 334.22kcal (16.71%), Fat: 8.83g (13.59%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 26.48g (9.63%), Sugar: 7.92g (8.8%), Cholesterol: 81.92mg (27.31%), Sodium: 857.78mg (37.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.32%), Vitamin C: 69.91mg (84.74%), Vitamin B6: 1.32mg (66.17%), Selenium: 36.44µg (52.06%), Vitamin B3: 10.08mg (50.39%), Potassium: 1287.77mg (36.79%), Phosphorus: 352.63mg (35.26%), Zinc: 5.27mg (35.16%), Vitamin A: 1267.38IU (25.35%), Iron: 4.46mg (24.76%), Manganese: 0.49mg (24.42%), Fiber: 5.77g (23.08%), Copper: 0.43mg (21.28%), Magnesium: 79.57mg (19.89%), Vitamin B1: 0.28mg (18.69%), Vitamin B12: 1.07µg (17.77%), Folate: 66.86µg (16.71%), Vitamin E: 2.42mg (16.17%), Vitamin B2: 0.26mg (15.5%), Vitamin B5: 1.5mg (15.04%), Vitamin K: 14.22µg (13.54%), Calcium: 94.02mg (9.4%)