



Razors Carne Guizida

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



10

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 ounce tomatoes and chiles diced green canned
- 3 cloves garlic pressed
- 3 bell peppers green seeded thinly sliced
- 3 pounds ground beef lean
- 0.5 large onion finely chopped
- 10 servings salt and pepper to taste
- 1 pinch monosodium glutamate
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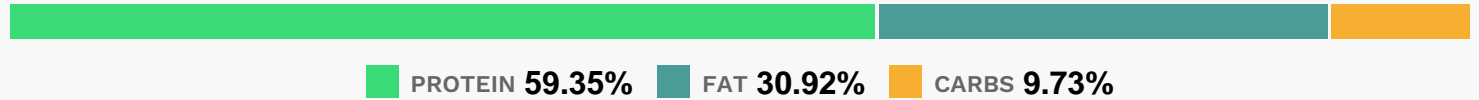
Equipment

- dutch oven
- meat tenderizer

Directions

- In a Dutch oven or stock pot over medium-high heat, brown the ground beef. As the meat begins to brown, add the onion, green peppers, garlic, and meat tenderizer. Reduce heat to low, and cover. Cook for 30 to 45 minutes, stirring occasionally.
- Stir in the diced tomatoes, season with salt and pepper to taste, and cover. Cook for 45 minutes, or until the meat is the desired tenderness.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:17.62043479992%

Flavonoids

Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 207.55kcal (10.38%), Fat: 6.95g (10.69%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.6g (1.31%), Sugar: 2.53g (2.81%), Cholesterol: 84.37mg (28.12%), Sodium: 290.8mg (12.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.02g (60.05%), Vitamin B12: 3.05µg (50.8%), Zinc: 7.08mg (47.17%), Vitamin C: 34.81mg (42.2%), Vitamin B3: 8.07mg (40.33%), Vitamin B6: 0.7mg (34.82%), Selenium: 23.9µg (34.14%), Phosphorus: 290.9mg (29.09%), Iron: 3.94mg (21.9%), Potassium: 654.5mg (18.7%), Vitamin B2: 0.26mg (15.49%), Magnesium: 40.72mg (10.18%), Vitamin B5: 0.99mg (9.9%), Copper: 0.17mg (8.66%), Vitamin B1: 0.11mg (7.13%), Manganese: 0.13mg (6.3%), Vitamin E: 0.9mg (6.01%), Fiber: 1.32g (5.28%), Vitamin K: 4.74µg (4.51%), Folate: 16.36µg (4.09%), Vitamin A: 198.66IU (3.97%), Calcium: 36.87mg (3.69%)