



## Ropa Vieja

 **Gluten Free**  **Dairy Free**

READY IN



160 min.

SERVINGS



8

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaf
- 2 lb beef flank steak
- 8 oz tomato sauce canned
- 0.3 cup cooking wine dry white
- 4 cloves garlic divided peeled
- 2 large pasilla peppers green divided halved seeded
- 0.3 tsp ground pepper black
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft

- 2 large onions divided
- 4 oz pimentos drained chopped
- 4 cups water

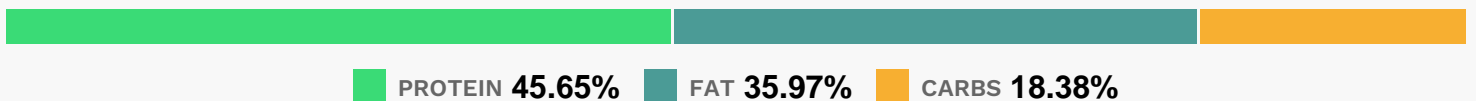
## Equipment

- frying pan
- dutch oven

## Directions

- Place steak and half each of the onions, green pepper halves and garlic cloves in Dutch oven.
- Add water and bay leaf. Bring to boil on medium-high heat; cover. Simmer on low heat 2 hours or until steak is tender.
- Cut remaining onion and remaining green pepper halves into thin slices; place in large skillet. Finely chop remaining 2 garlic cloves.
- Add to skillet along with the dressing; mix well. Cook on medium-high heat 10 min. or until vegetables are tender, stirring frequently.
- Drain steak mixture, reserving 1/2 cup cooking liquid for later use; place steak in shallow pan. Discard vegetables cooked with the steak. Use 2 forks to shred steak.
- Add to vegetable mixture in skillet; mix well. Cook 2 min. Stir in reserved cooking liquid and remaining ingredients; cook 5 min. or until heated through, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:1.82, Inflammation Score:-7, Nutrition Score:18.376521753228%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 1.94mg, Luteolin:

1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

## **Nutrients (% of daily need)**

Calories: 235.21kcal (11.76%), Fat: 9.02g (13.88%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 8.24g (3%), Sugar: 5.75g (6.39%), Cholesterol: 68.04mg (22.68%), Sodium: 352.15mg (15.31%), Alcohol: 1.03g (100%), Alcohol %: 0.34% (100%), Protein: 25.77g (51.54%), Vitamin C: 53mg (64.24%), Selenium: 34.36µg (49.08%), Vitamin B6: 0.92mg (46.07%), Vitamin B3: 7.73mg (38.65%), Zinc: 4.61mg (30.72%), Phosphorus: 265.18mg (26.52%), Potassium: 651.09mg (18.6%), Vitamin B12: 1.03µg (17.2%), Iron: 2.63mg (14.62%), Vitamin K: 15.18µg (14.45%), Vitamin A: 658.08IU (13.16%), Vitamin B2: 0.18mg (10.83%), Magnesium: 41.46mg (10.36%), Manganese: 0.2mg (10.23%), Copper: 0.19mg (9.65%), Vitamin B1: 0.14mg (9.24%), Vitamin B5: 0.9mg (9.04%), Vitamin E: 1.34mg (8.93%), Fiber: 2.14g (8.55%), Folate: 29.69µg (7.42%), Calcium: 50.95mg (5.1%)