

food  
network



HEALTH SCORE

66%

## Ropa Vieja



Gluten Free



Dairy Free



Very Healthy

READY IN



220 min.

SERVINGS



10

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 bay leaves
- ☐ 2 carrots coarsely chopped
- ☐ 3 celery stalk coarsely chopped
- ☐ 4 pounds flank steak
- ☐ 4 garlic cloves minced
- ☐ 2 bell peppers green seeded chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 jalapeños minced

- ☐ 2 tablespoons olive oil
- ☐ 4 medium onions separated coarsely chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup parsley leaves finely chopped
- ☐ 10 plum tomatoes fresh seeded chopped canned
- ☐ 1 tablespoon salt

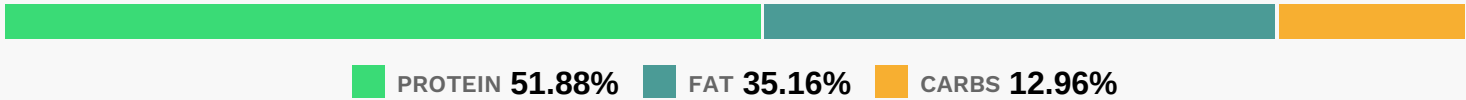
## Equipment

- ☐ frying pan
- ☐ pot
- ☐ sieve

## Directions

- ☐ In a large stock pot, put in the meat, 2 chopped onions, carrot, celery and bay leaf. Cover with water by 2 inches. Bring to a simmer and cook, uncovered, for 1 1/2 to 2 hours.
- ☐ When meat is very tender, turn off heat and let meat cool in liquid for 20 min, remove from broth. Set aside. Discard vegetables and strain broth through a sieve. Return broth to heat, and boil to reduce by half, about 20 to 30 minutes. When meat is cool, cut off any fat and pull into shreds about 2 inches wide.
- ☐ While broth is reducing, heat oil in a large skillet. Over medium heat, cook the remaining half of onions, the garlic, jalapenos, green peppers and 1 tablespoon salt until softened, about 10 minutes. Stir in 1 tablespoon of salt.
- ☐ Stir in 3 cups reduced broth and tomatoes. Cook for 10 minutes over medium heat. Stir in shredded meat, parsley, oregano, and cumin. Cook 10 minutes more.
- ☐ Serve with white rice.

## Nutrition Facts



## Properties

Glycemic Index:25.78, Glycemic Load:2.22, Inflammation Score:-10, Nutrition Score:28.943478335505%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg

## Nutrients (% of daily need)

Calories: 318kcal (15.9%), Fat: 12.2g (18.77%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 7.39g (2.69%), Sugar: 4.95g (5.5%), Cholesterol: 108.86mg (36.29%), Sodium: 811.14mg (35.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.51g (81.02%), Selenium: 53.98µg (77.12%), Vitamin B6: 1.32mg (65.86%), Vitamin K: 65.41µg (62.29%), Vitamin B3: 12.1mg (60.49%), Vitamin A: 2971.43IU (59.43%), Vitamin C: 42.67mg (51.73%), Zinc: 7.26mg (48.42%), Phosphorus: 409.61mg (40.96%), Vitamin B12: 1.65µg (27.52%), Potassium: 956.12mg (27.32%), Iron: 3.64mg (20.21%), Vitamin B2: 0.26mg (15.14%), Magnesium: 59.24mg (14.81%), Vitamin B1: 0.2mg (13.62%), Vitamin B5: 1.35mg (13.53%), Folate: 53.48µg (13.37%), Manganese: 0.25mg (12.61%), Vitamin E: 1.75mg (11.63%), Copper: 0.22mg (11.12%), Fiber: 2.72g (10.9%), Calcium: 76.24mg (7.62%)