




 **45%**  
HEALTH SCORE

## Ropa Vieja (Cuban Meat Stew)


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

READY IN




**180 min.**

SERVINGS



**6**

CALORIES



**594 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

### Ingredients

- 6 servings chiles in adobo sauce with pepper, to taste
- 1 packet beef bouillon from cube
- 2 ounce capers
- 2 tablespoons olive oil extra virgin
- 2.5 pounds flank steak cut in 3-inch x 4-inch pieces
- 1 tablespoon cilantro leaves fresh chopped
- 3 teaspoons garlic minced
- 0.3 teaspoon pepper black

- 1 cup pimiento stuffed olives spanish with minced pimientos, sliced
- 2 cups rice long grain cooked
- 1 packet complete seasoning with coriander and annatto
- 8 ounce tomato sauce canned
- 2 large onion yellow finely chopped

## Equipment

- pot

## Directions

- Heat oil in large heavy-bottomed pot over medium-high heat. Season meat with Adobo.
- Add steak to pot and cook in batches, flipping once, until well browned, about 10 minutes.
- Transfer meat to a plate. Lower heat to medium. Stir in onions and peppers. Cook, stirring occasionally, until vegetables are soft, about 10 minutes.
- Add sofrito and garlic to pot; cook until fragrant, about 1 minute.
- Stir in 3 cups of water, tomato sauce, Sazon, beef bouillon and pepper. Bring mixture to a boil. Return beef to pot. Lower heat to medium low and simmer, covered, stirring occasionally, about 45 minutes. Stir in olives and capers. Cover pot; simmer until meat shreds easily with fork, 1 - 1 1/2 hours, adding more water in 1/4 cup measurements, if pot becomes dry.
- Transfer meat to work surface; shred meat with two forks. Bring remaining sauce to a boil.
- Mix meat and cilantro into sauce.
- Serve with white rice.

## Nutrition Facts

**PROTEIN 31.84%** **FAT 28.4%** **CARBS 39.76%**

## Properties

Glycemic Index:37.86, Glycemic Load:31.5, Inflammation Score:-7, Nutrition Score:26.963478067647%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 12.74mg, Kaempferol: 12.74mg, Kaempferol: 12.74mg, Kaempferol: 12.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 26.52mg, Quercetin: 26.52mg, Quercetin: 26.52mg, Quercetin: 26.52mg

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

Calories: 594.31kcal (29.72%), Fat: 18.43g (28.35%), Saturated Fat: 5.22g (32.64%), Carbohydrates: 58.04g (19.35%), Net Carbohydrates: 54.71g (19.9%), Sugar: 3.74g (4.15%), Cholesterol: 113.4mg (37.8%), Sodium: 1144.62mg (49.77%), Alcohol: 0g (100%), Protein: 46.48g (92.97%), Selenium: 66.11µg (94.44%), Vitamin B6: 1.37mg (68.49%), Vitamin B3: 13.32mg (66.61%), Zinc: 8.14mg (54.26%), Phosphorus: 482.1mg (48.21%), Manganese: 0.84mg (42%), Vitamin B12: 1.72µg (28.67%), Potassium: 923.37mg (26.38%), Iron: 4.23mg (23.52%), Copper: 0.41mg (20.25%), Vitamin B5: 2.01mg (20.13%), Vitamin E: 2.81mg (18.76%), Magnesium: 74.03mg (18.51%), Vitamin B2: 0.3mg (17.8%), Vitamin B1: 0.22mg (14.75%), Fiber: 3.33g (13.32%), Folate: 45.45µg (11.36%), Calcium: 93.64mg (9.36%), Vitamin K: 9.48µg (9.03%), Vitamin C: 7.3mg (8.84%), Vitamin A: 273.42IU (5.47%)