



Skillet Beef Picadillo with Walnut Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz tomato sauce canned
- 4 oz philadelphia cream cheese softened ()
- 1 clove garlic minced
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1.5 lb ground beef lean
- 0.5 cup milk
- 0.8 lb new potatoes cooked cut into 1/2-inch cubes (7)
- 1 cup onions sliced

- 4 poblano chiles peeled seeded cut into strips
- 0.5 cup planters walnut pieces toasted

Equipment

- frying pan
- blender

Directions

- Heat dressing in large skillet on medium heat.
- Add onions and garlic; cook 3 min. or until onions are tender, stirring occasionally. Stir in meat; cook 8 to 10 min. or until browned, stirring occasionally.
- Stir in potatoes, chiles and tomato sauce; cover. Simmer on medium-low heat 15 min.
- Meanwhile, blend remaining ingredients in blender until well blended.
- Serve spooned over meat mixture.

Nutrition Facts



Properties

Glycemic Index:7.02, Glycemic Load:1.43, Inflammation Score:-2, Nutrition Score:3.8295652179614%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 58.39kcal (2.92%), Fat: 3.08g (4.74%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.68g (0.98%), Sugar: 1.1g (1.22%), Cholesterol: 13.78mg (4.59%), Sodium: 56.53mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Vitamin C: 11.98mg (14.52%), Vitamin B6: 0.14mg (7.07%), Vitamin B12: 0.4µg (6.73%), Zinc: 1mg (6.66%), Vitamin B3: 1.17mg (5.83%), Phosphorus: 55mg (5.5%), Selenium: 3.44µg (4.91%), Manganese: 0.09mg (4.62%), Potassium: 153.85mg (4.4%), Iron: 0.62mg (3.46%), Copper: 0.06mg (3.12%), Vitamin B2: 0.05mg (3.01%), Magnesium: 11.13mg (2.78%), Fiber: 0.64g (2.57%), Vitamin A:

112.41IU (2.25%), Vitamin B1: 0.03mg (2.09%), Vitamin B5: 0.2mg (2.05%), Vitamin K: 1.79µg (1.7%), Folate: 6.36µg (1.59%), Vitamin E: 0.23mg (1.52%), Calcium: 13.62mg (1.36%)