



Soupy Rice with Powdered Beef (Arroz Asopado con Carne en Polvo)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bananas for serving
- ☐ 2 cups powdered beef for serving
- ☐ 1 tablespoon butter
- ☐ 0.3 cup carrots diced
- ☐ 4 cups chicken stock see
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green beans diced

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup peas
- ☐ 4 servings salt and pepper
- ☐ 1 cup rice white

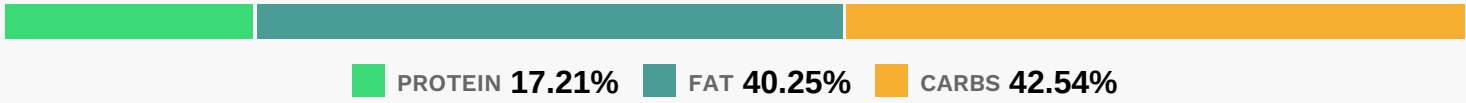
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the olive oil and butter in a medium saucepan over medium heat.
- ☐ Add the onions and garlic and cook for about 3 minutes or until translucent.
- ☐ Add the rice and stir for a minute to coat with the onions and garlic.
- ☐ Add the ground cumin, sazón Goya, salt, pepper and chicken stock. Bring to a boil, reduce the heat to low, add the green beans, carrots and peas. Stir and cook for about 20 to 25 minutes.
- ☐ Serve with powdered beef (Carne molida) and bananas on the side. I want to thank Sarah from “Vazhayila” for the “Yum-Yum blog award”, “A Giant Bear Hug Award” and the “360° Foodie Award”. I really appreciate all the awards. It is always great to hear from my foodie friends letting me know they like my blog.

Nutrition Facts



Properties

Glycemic Index:91.28, Glycemic Load:36.68, Inflammation Score:-8, Nutrition Score:26.238260849662%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg, Myricetin: 0.04mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 728.16kcal (36.41%), Fat: 32.59g (50.14%), Saturated Fat: 11.7g (73.14%), Carbohydrates: 77.5g (25.83%), Net Carbohydrates: 72.18g (26.25%), Sugar: 20.31g (22.57%), Cholesterol: 94.6mg (31.53%), Sodium: 646.15mg (28.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.36g (62.73%), Vitamin B6: 1.09mg (54.63%), Vitamin B3: 10.61mg (53.05%), Manganese: 0.97mg (48.4%), Selenium: 30.9µg (44.14%), Vitamin B12: 2.41µg (40.22%), Zinc: 6.02mg (40.14%), Phosphorus: 352.82mg (35.28%), Vitamin A: 1696.2IU (33.92%), Potassium: 1138.67mg (32.53%), Vitamin B2: 0.52mg (30.62%), Vitamin C: 20.3mg (24.61%), Copper: 0.44mg (22.04%), Iron: 3.93mg (21.81%), Fiber: 5.32g (21.3%), Magnesium: 82.99mg (20.75%), Vitamin B1: 0.27mg (17.89%), Folate: 64.8µg (16.2%), Vitamin B5: 1.5mg (15.05%), Vitamin K: 14.46µg (13.77%), Vitamin E: 1.51mg (10.08%), Calcium: 62.96mg (6.3%)