



South Texas Carne Guisada

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

READY IN



70 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef sirloin cut into 1/2-inch cubes
- 5 cloves garlic minced
- 1 tablespoon garlic powder
- 2 tablespoons ground cumin
- 0.5 teaspoon ground pepper black
- 1 large onion chopped
- 1 teaspoon mexican oregano dried crushed
- 0.5 teaspoon paprika

- 1 large bell pepper red chopped
- 1 teaspoon salt
- 4 large tomatoes chopped
- 1 tablespoon vegetable oil
- 0.3 cup water

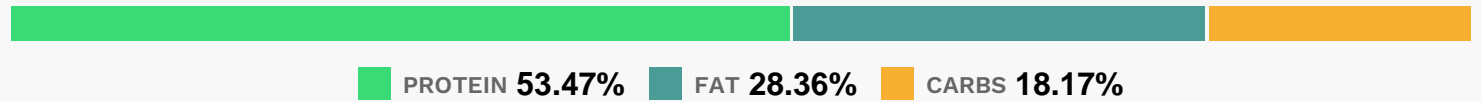
Equipment

- dutch oven

Directions

- Heat vegetable oil in a Dutch oven over medium-high heat.
- Place the beef sirloin in the Dutch oven and cook until the cubes are brown on all sides, about 10 minutes. Reduce the heat to medium and add the onion, red bell pepper, tomatoes, garlic, cumin, oregano, garlic powder, salt, black pepper, paprika, and water.
- Continue cooking, stirring often, until the meat is tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:2.44, Inflammation Score:-9, Nutrition Score:26.520869586779%

Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 260.85kcal (13.04%), Fat: 8.19g (12.6%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 8.73g (3.18%), Sugar: 5.53g (6.15%), Cholesterol: 83.16mg (27.72%), Sodium: 488.91mg (21.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.75g (69.49%), Vitamin C: 54.42mg (65.96%), Selenium: 44.51µg (63.59%), Vitamin B6: 1.23mg (61.27%), Vitamin B3: 10.79mg (53.93%), Zinc: 6.75mg (44.98%), Vitamin A:

1981.31IU (39.63%), Phosphorus: 371.01mg (37.1%), Vitamin B12: 1.89µg (31.5%), Potassium: 963.26mg (27.52%), Iron: 4.81mg (26.73%), Manganese: 0.38mg (19.19%), Vitamin K: 19.49µg (18.56%), Magnesium: 64.5mg (16.12%), Vitamin B2: 0.27mg (16.11%), Vitamin B1: 0.23mg (15.26%), Folate: 55.47µg (13.87%), Copper: 0.27mg (13.62%), Vitamin E: 1.87mg (12.5%), Fiber: 3.08g (12.32%), Vitamin B5: 1.21mg (12.09%), Calcium: 81.31mg (8.13%)