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Mexican Beef Supreme ♦

Mexican Beef Supreme is a flavorful and hearty dish that is perfect for a satisfying meal. It is made with tender beef, spices, and a variety of vegetables, creating a delicious and filling dish. This recipe is a crowd-pleaser and can be enjoyed by everyone.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Beef
100 g	onion
2 cloves	garlic
100 g	bell pepper
200 g	Tomato

10 g	Jalapeno
1 tsp	cumin
1 tsp	chili powder
1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil
20 g	Cilantro
2 tbsp	lime juice

Directions

Step 1

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add chopped onion, garlic, and bell pepper. Cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add beef and cook until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stove

Stir in chopped tomato, jalapeno, cumin, chili powder, salt, and pepper. Cook for another 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Remove from heat and stir in chopped cilantro and lime juice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 40 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	60 mcg	2500%	2500%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	20 mg	250%	111.11%
Potassium	800 mg	23.53%	30.77%
Zinc	30 mg	272.73%	375%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	70 mcg	127.27%	127.27%

Recipe Attributes

Cuisines

Mexican

Course

Salads

Snacks

Sauces & Dressings

Cultural

Cinco de Mayo

St. Patrick's Day

Thanksgiving

Easter

Cost

\$10 to \$20

\$20 to \$30

\$30 to \$40

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

Atkins Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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