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## Borboletas ♦

A delicious recipe for Borboletas. This dish is a favorite among meat lovers and is perfect for a hearty meal. The Borboletas are made with tender beef, onions, garlic, and a variety of spices. It is slow-cooked to perfection, resulting in a flavorful and tender dish. Serve the Borboletas with rice or mashed potatoes for a complete meal.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 120 mins

**Total Time:** 140 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Beef
200 g	onion
4 cloves	garlic
1 tsp	salt

1 tsp	pepper
1 tsp	paprika
1 tsp	cumin
2 tbsp	olive oil
2 c	water

## Directions

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### Step 1

Stove

Heat olive oil in a large pot over medium heat. Add the beef and cook until browned.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Stove

Add the onions and garlic to the pot and cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Stove

Add the salt, pepper, paprika, and cumin to the pot. Stir well to coat the beef and onions with the spices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 4

Stove

Pour in the water and bring to a boil. Reduce heat to low, cover, and simmer for 2 hours or until the beef is tender.

**Prep Time:** 0 mins

**Cook Time:** 120 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 10 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	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%
Potassium	800 mg	23.53%	30.77%
Zinc	30 mg	272.73%	375%
Selenium	35 mcg	63.64%	63.64%

## Recipe Attributes

### Cuisines

Italian

### Kitchen Tools

Slow Cooker

Blender

Stove

## Nutritional Content

Low Calorie

## Diet

Anti-Inflammatory Diet

## Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Brunch

## Course

Salads

Side Dishes

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

## Cooking Method

Frying

Steaming

Sautéing

Cut

## Difficulty Level

Medium

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