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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

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

Step 2

Stove

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

Prep Time: 5 mins

Cook Time: 0 mins

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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