SALVADORAN · LUNCH · DINNER

Salpicon Salvadoreno (Minced Beef, Radish and Mint Salad)

Salpicón de res

65 min · Serves 6 · 310 kcal a serve · Video 11:14 in Spanish · Cocinemos con Cristina

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 42 g protein and 4 g net carbs a serve: lean boiled beef minced with fresh radish, onion, mint and lime, with no added oil, a light, high-protein main.

Diet notes: Low carb (3.8 g net carbs) but not keto: 39% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 9 · SERVES 6

- [ ] 1.1 kg **lean beef** (salón cut, or eye of round)
- [ ] 1 head of **garlic** (to cook the beef; the broth is kept for soup)
- [ ] ½ **onion** (to cook the beef)
- [ ] 5 **radishes**, very finely chopped
- [ ] ½ **onion**, very finely chopped
- [ ] ¼ **red onion**, very finely chopped
- [ ] 1 bunch hierbabuena (spearmint) leaves, finely chopped
- [ ] **Lime juice**: juice of 4 limes, or to taste
- [ ] **salt** to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring a pot of water to the boil and add the beef with a head of garlic and half an onion. Simmer about 40 minutes, skimming off the foam and adding a little salt. Keep the broth for a soup. 1:23
2. Meanwhile chop the radishes, the half onion and the red onion very finely, and pick the mint leaves and chop them small. 3:08
3. Lift the cooked beef out of the broth and cut it into chunks. 3:45
4. Mince the beef very finely, either with a knife or in short pulses in a food processor, stopping before it turns to paste. 4:32
5. Mix the minced beef with the radish, onions and mint, adding more radish to taste. 6:51
6. Just before serving, season with salt and squeeze over the lime juice (add the lime only at the last moment if you are making it ahead). 8:10

> **Tip** Serves 6 (our estimate from 1.1 kg beef). In El Salvador it comes with rice and beans; a big salad or avocado keeps it lower in carbs. Use mint if you can't find hierbabuena. Use the beef broth for soup.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
310 kcal	42 g	4.7 g	1 g	14 g	480 mg
1,300 kJ	83% of a day	3.8 g net · 1.3 g sugars	3% of a day	5.3 g saturated	21% of a day
		2% of a day		17% of a day	

Energy from net carbs 5% · protein 54% · fat 41% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 83% · Selenium 83% · Zinc 66% · Vitamin B6 53%

Source of (10–19%) Iron 18% · Potassium 12% · Vitamin C 11% · Magnesium 10%

Recipe and video: Cocinemos con Cristina (@cocinemosconcristina3420) on YouTube — youtube.com/watch?v=G0jNG0UhhHk, published 6 April 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/salpicon-salvadoreno-de-res