



## Salpicon

### Ground Beef and Onion Sauteed with Orange and Lime, Seasoned with Mint

#### Ingredients

1 lb. Ground Beef, 80/20, Raw  
5 ½ oz. Yellow Onions, Fresh, Diced  
3 Tbsp Pasteurized Fresh Orange Juice (CONV)  
1 Tbsp Pasteurized Fresh Lime Juice (CONV)  
dash Salt  
dash Ground Black Pepper  
1 Tbsp Mint Leaves, Fresh, Chopped

#### Preparation

In a skillet, saute ground beef and onion.  
Add orange and lime juice.  
Season with salt and pepper.  
Stir in mint.

**Serves 4**

**Portion: 5 oz.**

#### Nutrition Facts (per serving)

<b>Calories</b>	<b>251</b>
<b>Fat (g)</b>	<b>14.5</b>
<b>Saturated Fat (g)</b>	<b>5.5</b>
<b>Cholesterol (mg)</b>	<b>74</b>
<b>Sodium (mg)</b>	<b>108</b>
<b>Carbohydrate (g)</b>	<b>5.9</b>
<b>Fiber (g)</b>	<b>0.7</b>
<b>Protein (g)</b>	<b>23.1</b>
<b>Calcium (mg)</b>	<b>37</b>

