



Authentic Bangladeshi Beef Curry

 Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef chuck boneless cut into 1-1/2-inch pieces
- ☐ 1 teaspoon cayenne pepper
- ☐ 6 cloves garlic minced
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ginger paste
- ☐ 5 chile peppers green finely sliced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 1 teaspoon ground turmeric
- ☐ 3 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 3 cardamom seeds whole
- ☐ 1 cup water

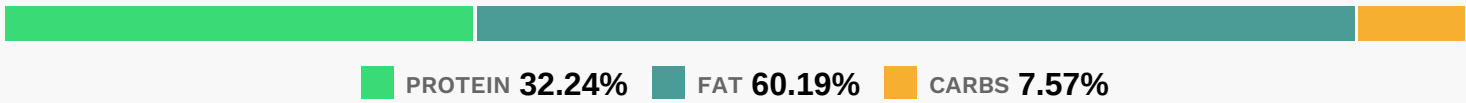
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a skillet over medium heat.
- ☐ Add onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.
- ☐ Stir in the garlic, green chiles, ginger paste, cardamom seeds, cloves, and cinnamon sticks. Cook and stir until the garlic begins to brown, 3 to 5 more minutes.
- ☐ Mix cumin, coriander, turmeric, garlic powder, cayenne pepper, and water into the onion mixture. Simmer until most of the water has evaporated and the mixture has thickened.
- ☐ Stir in beef chuck pieces until coated with spice mixture; simmer over medium-low heat, stirring occasionally, until the beef is cooked through and tender, about 1 to 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.74, Inflammation Score:-9, Nutrition Score:19.186087204062%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin:

3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 365.77kcal (18.29%), Fat: 24.69g (37.98%), Saturated Fat: 8.64g (53.98%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 4.72g (1.72%), Sugar: 2.12g (2.36%), Cholesterol: 104.33mg (34.78%), Sodium: 252.36mg (10.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.5%), Zinc: 11.58mg (77.23%), Vitamin B12: 4.13µg (68.79%), Selenium: 31.93µg (45.62%), Vitamin B3: 6.66mg (33.32%), Vitamin B6: 0.66mg (33.22%), Phosphorus: 304.42mg (30.44%), Iron: 3.88mg (21.56%), Manganese: 0.42mg (21.2%), Potassium: 583.31mg (16.67%), Vitamin B2: 0.24mg (13.88%), Vitamin B5: 0.97mg (9.72%), Vitamin E: 1.43mg (9.5%), Magnesium: 37.85mg (9.46%), Fiber: 2.27g (9.09%), Vitamin C: 7.45mg (9.02%), Vitamin B1: 0.12mg (8.19%), Vitamin K: 6.94µg (6.61%), Copper: 0.13mg (6.53%), Calcium: 47.4mg (4.74%), Vitamin A: 163.23IU (3.26%), Folate: 8.86µg (2.22%), Vitamin D: 0.15µg (1.01%)