



 **56%**
HEALTH SCORE

Beef and Spinach Curry

 **Gluten Free**

READY IN



75 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds beef tenderloin cubed
- 0.5 teaspoon chile powder
- 0.7 cup coconut milk
- 1 teaspoon garam masala
- 2 cloves garlic crushed
- 2 tablespoons ghee (clarified butter)
- 1 teaspoon ground coriander
- 1.5 teaspoons ground cumin

- 1 teaspoon juice of lemon
- 1 large onion finely sliced
- 1 teaspoon salt
- 2 serrano peppers thinly sliced
- 10 ounce pkt spinach
- 1 cup tomatoes chopped
- 1 teaspoon turmeric

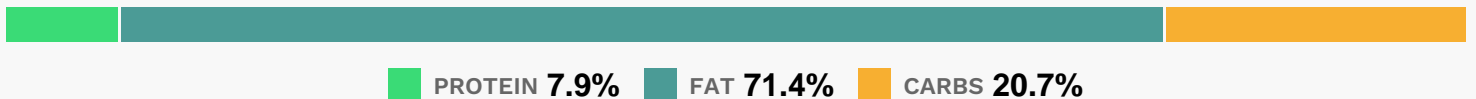
Equipment

- sauce pan

Directions

- Heat the ghee in a large saucepan over medium heat. Stir in the garlic and onion, and cook until softened, about 5 minutes.
- Add the serrano, and continue to cook for another 3 minutes. Season with the cloves, garam masala, coriander, chile powder, turmeric, and cumin, cook for 2 to 3 more minutes to release the flavor.
- Stir in the beef and salt, cook for 3 minutes more.
- Add the tomatoes, coconut milk, and spinach. Bring to a simmer, then cover, and cook for 20 minutes, stirring occasionally.
- Uncover, then stir in the lemon juice, and cook for 10 more minutes, stirring frequently, until the sauce has thickened.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:21.810000243394%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg

Nutrients (% of daily need)

Calories: 190.16kcal (9.51%), Fat: 16.31g (25.09%), Saturated Fat: 11.88g (74.25%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 7.28g (2.65%), Sugar: 3.08g (3.42%), Cholesterol: 19.2mg (6.4%), Sodium: 652.41mg (28.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Vitamin K: 346.16µg (329.68%), Vitamin A: 7068.85IU (141.38%), Manganese: 1.13mg (56.31%), Folate: 156.81µg (39.2%), Vitamin C: 30.76mg (37.29%), Iron: 4.23mg (23.5%), Magnesium: 88.02mg (22.01%), Potassium: 675.19mg (19.29%), Vitamin B6: 0.28mg (13.77%), Fiber: 3.36g (13.46%), Vitamin E: 1.81mg (12.05%), Copper: 0.24mg (11.93%), Calcium: 105.04mg (10.5%), Phosphorus: 102.18mg (10.22%), Vitamin B2: 0.16mg (9.58%), Vitamin B1: 0.11mg (7.12%), Vitamin B3: 1.18mg (5.88%), Zinc: 0.83mg (5.55%), Vitamin B5: 0.2mg (2.02%), Selenium: 1.37µg (1.95%)