



 **55%**  
HEALTH SCORE

## Beef and Spinach Curry

 **Gluten Free**

READY IN



**75 min.**

SERVINGS



**4**

CALORIES



**192 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
- 2 cloves bruised whole

## 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



**PROTEIN 7.89%** **FAT 70.98%** **CARBS 21.13%**

## Properties

Glycemic Index:58.5, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:22.57913038005%

## 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: 191.53kcal (9.58%), Fat: 16.38g (25.19%), Saturated Fat: 11.9g (74.37%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 7.43g (2.7%), Sugar: 3.09g (3.44%), Cholesterol: 19.2mg (6.4%), Sodium: 653.79mg (28.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin K: 346.87µg (330.36%), Vitamin A: 7069.65IU (141.39%), Manganese: 1.43mg (71.34%), Folate: 156.93µg (39.23%), Vitamin C: 30.76mg (37.29%), Iron: 4.29mg (23.83%), Magnesium: 89.32mg (22.33%), Potassium: 680.29mg (19.44%), Fiber: 3.53g (14.14%), Vitamin B6: 0.28mg (13.87%), Vitamin E: 1.85mg (12.34%), Copper: 0.24mg (12.02%), Calcium: 108.2mg (10.82%), Phosphorus: 102.7mg (10.27%), Vitamin B2: 0.16mg (9.64%), Vitamin B1: 0.11mg (7.17%), Vitamin B3: 1.18mg (5.92%), Zinc: 0.84mg (5.63%), Vitamin B5: 0.2mg (2.04%), Selenium: 1.4µg (2%)