

Afrolems



Beef Carrot Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



87 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon bay leaves chopped
- 8 Pieces beef boiled (Seasoned and)
- 7 medium pieces carrots
- 0.5 teaspoon curry powder
- 1 clove garlic
- 1 teaspoon ginger grated
- 1 serving seasoning cubes
- 1 small onion

- 2 cooking spoons of blended tatashe-pepper mix (Bell peppers and scotch bonnet peppers)
- 2 vegetable oil

Equipment

- pot
- blender

Directions

- Scrape, wash and boil your carrots till soft.
- Place in a blender without water and grind till completely shredded. In a pot, heat up your oil and fry your onions, garlic and ginger.
- Pour in your Tatashe-pepper mix and your beef and allow to simmer on low heat for about 10-15 minutes. Season with curry, seasoning cubes and anything else you may wish to add.
- Pour in your carrots and stir in and allow to simmer on low heat for another 3-5 minutes.
- Add your chopped scent leaves and stir in and serve hot with rice, yam, plantain, pasta or any other accompaniment of your choice.

Nutrition Facts



PROTEIN 12.85% FAT 39.73% CARBS 47.42%

Properties

Glycemic Index:168.83, Glycemic Load:2.09, Inflammation Score:-8, Nutrition Score:6.234347826087%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.28mg, Quercetin: 14.28mg, Quercetin: 14.28mg, Quercetin: 14.28mg

Taste

Sweetness: 100%, Saltiness: 95.96%, Sourness: 26.92%, Bitterness: 40.78%, Savoriness: 44.9%, Fattiness: 81.04%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 86.8kcal (4.34%), Fat: 4.07g (6.26%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 8.5g (3.09%), Sugar: 3.41g (3.79%), Cholesterol: 6.22mg (2.07%), Sodium: 28.72mg (1.25%), Protein: 2.96g (5.92%), Vitamin A: 1406.21IU (28.12%), Manganese: 0.37mg (18.35%), Vitamin B6: 0.21mg (10.41%), Fiber: 2.43g (9.71%), Vitamin C: 7.88mg (9.55%), Iron: 1.57mg (8.71%), Vitamin K: 6.08µg (5.79%), Potassium: 196.78mg (5.62%), Folate: 21.22µg (5.3%), Calcium: 47.56mg (4.76%), Phosphorus: 47.59mg (4.76%), Zinc: 0.64mg (4.24%), Magnesium: 16.23mg (4.06%), Vitamin B1: 0.05mg (3.46%), Copper: 0.07mg (3.36%), Vitamin E: 0.48mg (3.23%), Selenium: 2.23µg (3.19%), Vitamin B3: 0.62mg (3.12%), Vitamin B2: 0.05mg (3.04%), Vitamin B12: 0.17µg (2.85%), Vitamin B5: 0.17mg (1.71%)