



Beef Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 3 tablespoons cooking oil
- ☐ 1 tablespoon ginger fresh minced
- ☐ 3 cloves garlic minced
- ☐ 2.5 teaspoons ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 onion cut into thin slices
- ☐ 0.3 teaspoon red-pepper flakes dried

- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds rump steak cut into 1-inch cubes
- ☐ 0.1 teaspoon turmeric
- ☐ 2 tablespoons water

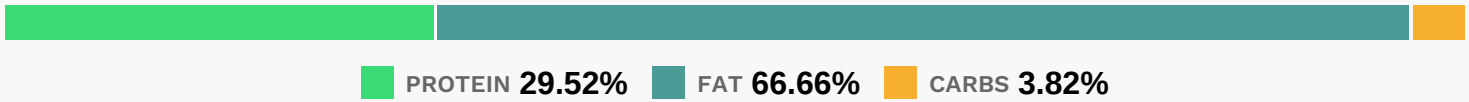
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large frying pan, heat the oil over moderate heat.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the garlic and ginger and cook, stirring, for 1 minute.
- ☐ Meanwhile, in a small bowl, combine the coriander, cumin, red-pepper flakes, turmeric, salt, and water.
- ☐ Add the paste to the onion and cook, stirring, for 1 minute.
- ☐ Add the meat to the pan and cook, stirring, for 3 minutes. Raise the heat to moderately high and cook to your taste, stirring, about 2 minutes longer for medium rare. Stir in the cilantro.
- ☐ Wine Recommendation: Either a shiraz from Australia or a syrah from California will provide enough flavor to stand up to this curry and contribute a black-pepper spiciness, too.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:17.463043337283%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 492.43kcal (24.62%), Fat: 36.12g (55.57%), Saturated Fat: 11.04g (68.99%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 3.46g (1.26%), Sugar: 1.24g (1.38%), Cholesterol: 95.25mg (31.75%), Sodium: 388.11mg (16.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.99%), Vitamin B12: 4.73µg (78.81%), Selenium: 28.92µg (41.32%), Zinc: 5.75mg (38.35%), Vitamin B6: 0.72mg (35.82%), Phosphorus: 316.28mg (31.63%), Vitamin B3: 6.31mg (31.53%), Iron: 4.12mg (22.87%), Vitamin B2: 0.32mg (19.04%), Potassium: 612.45mg (17.5%), Vitamin B1: 0.19mg (12.96%), Vitamin E: 1.92mg (12.82%), Magnesium: 44.51mg (11.13%), Copper: 0.18mg (8.8%), Vitamin K: 8.73µg (8.32%), Manganese: 0.15mg (7.43%), Vitamin B5: 0.58mg (5.81%), Fiber: 1.19g (4.76%), Folate: 15.99µg (4%), Vitamin C: 3.22mg (3.91%), Calcium: 35.53mg (3.55%), Vitamin A: 64.41IU (1.29%)