

Beef Curry Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 pound beef stew meat cubed
- ☐ 6 cups beef stock
- ☐ 2 tablespoons curry powder
- ☐ 2 tablespoons butter
- ☐ 2 onions chopped
- ☐ 2 potatoes sliced
- ☐ 2 teaspoons salt

☐ 2 tablespoons distilled vinegar white

Equipment

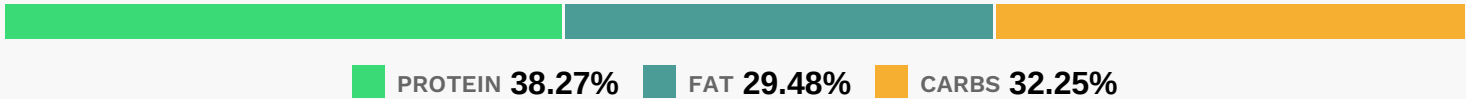
☐ sauce pan

☐ pot

Directions

- ☐ In a large saucepan or pot, brown the beef cubes and onions in butter or margarine.
- ☐ Add the beef stock, curry and bay leaves. Cook at low heat for 30 minutes.
- ☐ Add the potatoes, vinegar, and salt. Simmer for 45 minutes to 1 hour, until all is tender.
- ☐ Serve hot!!

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:9.86, Inflammation Score:-5, Nutrition Score:17.292608706847%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 247.49kcal (12.37%), Fat: 8.1g (12.46%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 17.08g (6.21%), Sugar: 3.46g (3.85%), Cholesterol: 46.87mg (15.62%), Sodium: 1343.58mg (58.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.32%), Vitamin B6: 0.9mg (45.16%), Vitamin B3: 8.06mg (40.31%), Selenium: 24.59µg (35.13%), Potassium: 1087.5mg (31.07%), Phosphorus: 296.34mg (29.63%), Zinc: 3.91mg (26.04%), Vitamin B12: 1.4µg (23.39%), Vitamin B2: 0.38mg (22.32%), Vitamin C: 16.95mg (20.55%), Iron: 3.45mg (19.17%), Vitamin B1: 0.23mg (15.25%), Copper: 0.3mg (15.12%), Magnesium: 60.27mg (15.07%), Manganese: 0.26mg (13%), Fiber: 2.86g (11.43%), Folate: 36.14µg (9.04%), Calcium: 62.56mg (6.26%), Vitamin B5: 0.59mg (5.89%), Vitamin E: 0.85mg (5.66%), Vitamin K: 4.64µg (4.42%), Vitamin A: 190.86IU (3.82%)