



Beef Keema

READY IN



24 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1.3 teaspoons ground coriander
- ☐ 1.3 teaspoons ground cumin
- ☐ 1 pound ground sirloin
- ☐ 0.3 teaspoon ground turmeric
- ☐ 4 lime wedges

- ☐ 3 tablespoons yogurt plain low-fat
- ☐ 1.5 teaspoons olive oil
- ☐ 1 cup onion chopped ()
- ☐ 0.5 cup peas green frozen
- ☐ 0.8 cup plum tomatoes chopped (2 medium)
- ☐ 0.5 teaspoon salt
- ☐ 1 6-inch wholewheat pita breads whole wheat cut into fourths ()

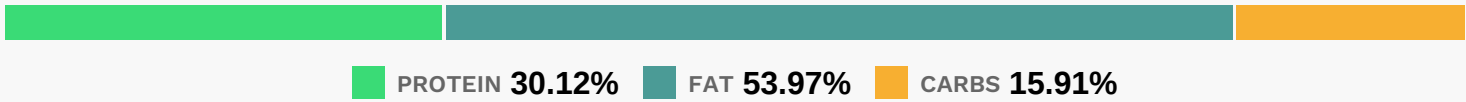
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, garlic, and ginger; saut 4 minutes.
- ☐ Add beef; cook 8 minutes or until browned, stirring to crumble beef. (
- ☐ Drain, if necessary, and return beef mixture to pan.)
- ☐ Stir in cumin and next 5 ingredients, and cook 1 minute over medium-high heat, stirring often. Stir in tomato, peas, and yogurt. Cook 4 minutes or until thoroughly heated.
- ☐ Serve with pita wedges and lime wedges.

Nutrition Facts



Properties

Glycemic Index:58.33, Glycemic Load:2.67, Inflammation Score:-8, Nutrition Score:16.865217405817%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg

Kaempferol: 0.31mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 319.91kcal (16%), Fat: 19.26g (29.64%), Saturated Fat: 7.08g (44.25%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 9.54g (3.47%), Sugar: 5.3g (5.89%), Cholesterol: 78.01mg (26%), Sodium: 383.96mg (16.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.39%), Vitamin B12: 2.54µg (42.41%), Zinc: 5.7mg (38%), Vitamin B3: 6.09mg (30.45%), Selenium: 19.65µg (28.07%), Vitamin B6: 0.56mg (27.8%), Vitamin C: 22.57mg (27.36%), Phosphorus: 270.8mg (27.08%), Iron: 3.6mg (20.02%), Potassium: 630.48mg (18.01%), Vitamin B2: 0.26mg (15.2%), Manganese: 0.3mg (15.13%), Fiber: 3.24g (12.94%), Magnesium: 44.6mg (11.15%), Vitamin A: 534.64IU (10.69%), Vitamin K: 10.99µg (10.47%), Vitamin B1: 0.15mg (10.25%), Copper: 0.19mg (9.28%), Folate: 36.25µg (9.06%), Vitamin B5: 0.88mg (8.76%), Calcium: 84.57mg (8.46%), Vitamin E: 0.98mg (6.55%)