



Beef Rendang

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons sriracha (such as Lee Kum Kee)
- 2 pounds beef chuck boneless trimmed cut into 1-inch cubes
- 4 cups basmati rice hot cooked
- 14 ounce fat-skimmed beef broth fat-free canned
- 5 cloves garlic minced
- 0.3 cup ginger peeled thinly sliced
- 0.3 teaspoon ground cinnamon
- 1.5 teaspoons turmeric

- 2 stalks lemon grass fresh crushed (3-inch)
- 14 ounce lite coconut milk light divided canned
- 2 tablespoons juice of lime fresh
- 1 teaspoon lime zest grated
- 1.3 teaspoons salt
- 1 serrano chiles chopped
- 0.5 cup shallots chopped
- 2 teaspoons sugar
- 0.7 cup coconut flakes unsweetened flaked toasted

Equipment

- food processor
- bowl
- sauce pan

Directions

- Place first 9 ingredients in a food processor or mini chopper.
- Add 1/4 cup coconut milk; process until smooth. Spoon mixture into a bowl; set aside.
- Place 3 tablespoons coconut milk and flaked coconut in food processor; process until a smooth paste forms.
- Heat a large saucepan over medium-high heat.
- Add shallot mixture; cook 1 minute or until fragrant, stirring constantly. Stir in remaining coconut milk, rind, and next 5 ingredients (through broth); bring to a boil. Cover, reduce heat to medium-low, and simmer 1 1/2 hours or until beef is tender, stirring occasionally. Discard lemongrass. Stir in flaked coconut mixture; simmer 10 minutes or until liquid almost evaporates.
- Serve over rice.

Nutrition Facts



■ PROTEIN 23.81% ■ FAT 45.09% ■ CARBS 31.1%

Properties

Glycemic Index:49.35, Glycemic Load:34, Inflammation Score:0, Nutrition Score:24.023478235887%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 571.68kcal (28.58%), Fat: 28.42g (43.73%), Saturated Fat: 17.55g (109.71%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 40.91g (14.88%), Sugar: 4.97g (5.53%), Cholesterol: 104.33mg (34.78%), Sodium: 1219.77mg (53.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.76g (67.53%), Zinc: 12.36mg (82.39%), Vitamin B12: 4.26µg (71%), Selenium: 42.96µg (61.37%), Manganese: 1.21mg (60.47%), Vitamin B6: 0.84mg (42.12%), Phosphorus: 382.86mg (38.29%), Vitamin B3: 7.59mg (37.94%), Iron: 4.72mg (26.2%), Potassium: 766.48mg (21.9%), Vitamin B2: 0.27mg (16.15%), Vitamin B5: 1.59mg (15.89%), Magnesium: 62.26mg (15.56%), Copper: 0.31mg (15.47%), Fiber: 3.2g (12.79%), Vitamin B1: 0.16mg (10.35%), Vitamin C: 5.07mg (6.15%), Calcium: 60.24mg (6.02%), Folate: 21.28µg (5.32%), Vitamin E: 0.43mg (2.87%), Vitamin K: 2.74µg (2.61%), Vitamin D: 0.15µg (1.01%)