



Beef Rendang



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28.5 ounce beef broth fat-free divided canned
- ☐ 4 cups rice hot cooked
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 4 teaspoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon lemon grass fresh minced peeled
- ☐ 0.1 teaspoon salt

- ☐ 0.3 cup shallots chopped
- ☐ 1 pound boned sirloin steak lean
- ☐ 0.5 cup coconut milk light unsweetened
- ☐ 2 teaspoons vegetable oil

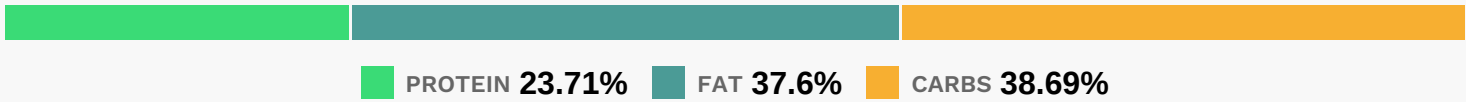
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Trim fat from steak; cut steak into 1/2-inch cubes.
- ☐ Heat oil in a large nonstick skillet over high heat.
- ☐ Add steak; cook 4 minutes or until steak loses its pink color.
- ☐ Drain well, and set aside. Wipe drippings from skillet with a paper towel.
- ☐ Place skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add shallots and next 4 ingredients (shallots through garlic); saut 1 minute. Return steak to skillet. Stir in 2 cups broth; bring to a boil. Cover, reduce heat, and simmer 45 minutes. Stir in remaining broth; cover and simmer 45 minutes or until steak is tender.
- ☐ Remove from heat; stir in coconut milk and salt.
- ☐ Serve over rice; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:48.88, Inflammation Score:-3, Nutrition Score:17.635652257049%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 532.92kcal (26.65%), Fat: 21.69g (33.38%), Saturated Fat: 9.18g (57.4%), Carbohydrates: 50.23g (16.74%), Net Carbohydrates: 48.8g (17.75%), Sugar: 1.7g (1.89%), Cholesterol: 63.5mg (21.17%), Sodium: 914.92mg (39.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.55%), Vitamin B12: 3.29µg (54.9%), Manganese: 0.95mg (47.5%), Selenium: 32.6µg (46.58%), Vitamin B6: 0.7mg (35.16%), Vitamin B3: 6.44mg (32.18%), Zinc: 4.64mg (30.96%), Phosphorus: 309.44mg (30.94%), Iron: 3.37mg (18.73%), Potassium: 611.36mg (17.47%), Vitamin B2: 0.28mg (16.37%), Magnesium: 52.29mg (13.07%), Copper: 0.23mg (11.64%), Vitamin B1: 0.17mg (11.15%), Vitamin B5: 1.09mg (10.86%), Folate: 23.62µg (5.9%), Fiber: 1.43g (5.74%), Calcium: 48.12mg (4.81%), Vitamin K: 4.91µg (4.68%), Vitamin C: 2.43mg (2.94%), Vitamin E: 0.36mg (2.4%), Vitamin A: 81.94IU (1.64%)