



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 chuck roast boneless trimmed cut into 1-inch cubes
- ☐ 4 cups rice hot cooked
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 5 cloves garlic minced
- ☐ 0.3 cup ginger peeled thinly sliced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground turmeric

- ☐ 2 stalks lemongrass fresh crushed (3-inch)
- ☐ 14 ounce coconut milk light divided canned
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 1.3 teaspoons salt
- ☐ 1 to 2 serrano chiles chopped
- ☐ 0.5 cup shallots chopped
- ☐ 2 teaspoons sugar
- ☐ 0.7 cup coconut or 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:-10, 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, 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: Og (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%)