



Beef, Summer Squash and Sweet Potato Curry

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice long-grain white uncooked
- ☐ 2 cups water
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 1 tablespoon ginger grated
- ☐ 2 tablespoons curry powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon salt

- ☐ 1 large sweet potatoes and into peeled cut into 1/2-inch cubes (3 cups)
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 1 cup chicken broth reduced-sodium (from 32-oz carton)
- ☐ 2 medium zucchini cut in half lengthwise, then cut crosswise into 1/2-inch slices (2 cups)
- ☐ 0.5 cup yogurt plain

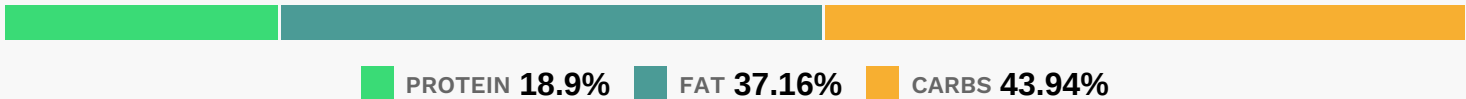
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice in water as directed on package. Meanwhile, in 12-inch skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked and onion is tender; drain.
- ☐ Add gingerroot, curry powder, cumin and salt to skillet; cook 1 minute, stirring occasionally. Stir in sweet potato, tomatoes and broth.
- ☐ Heat to boiling; reduce heat. Cover; simmer 10 minutes or until potato is almost tender. Stir in zucchini. Cover; cook 5 to 10 minutes longer or until potato and zucchini are just tender.
- ☐ Serve beef mixture over rice. Top each serving with about 1 tablespoon yogurt.

Nutrition Facts



Properties

Glycemic Index:34.2, Glycemic Load:21.19, Inflammation Score:-10, Nutrition Score:22.439999938011%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 408.81kcal (20.44%), Fat: 16.92g (26.03%), Saturated Fat: 6.49g (40.56%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 40.62g (14.77%), Sugar: 7.32g (8.13%), Cholesterol: 56.33mg (18.78%), Sodium: 601.56mg (26.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.37g (38.74%), Vitamin A: 8294.56IU (165.89%), Manganese: 0.78mg (38.81%), Vitamin B6: 0.65mg (32.43%), Vitamin B12: 1.73µg (28.88%), Zinc: 4.26mg (28.42%), Vitamin B3: 5.45mg (27.25%), Phosphorus: 263.48mg (26.35%), Vitamin C: 20.83mg (25.24%), Selenium: 17.42µg (24.88%), Potassium: 856.54mg (24.47%), Iron: 3.91mg (21.72%), Vitamin B2: 0.31mg (18.36%), Fiber: 4.39g (17.55%), Copper: 0.34mg (17.16%), Magnesium: 65.8mg (16.45%), Vitamin B5: 1.46mg (14.58%), Vitamin B1: 0.18mg (11.87%), Calcium: 115.73mg (11.57%), Folate: 42.36µg (10.59%), Vitamin E: 1.5mg (10.03%), Vitamin K: 9.32µg (8.87%)