



Best Bobotie

READY IN



115 min.

SERVINGS



4

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon apricot preserves
- 1 bay leaves
- 0.5 tablespoon curry powder
- 1 large eggs
- 1.5 pounds ground beef
- 0.5 teaspoon pepper black
- 1 cup milk
- 1 tablespoon mint-cilantro chutney spread shopping list hot
- 2 medium onion minced

- 0.5 cup raisins
- 1 pinch salt
- 2 slices texas toast croutons
- 2 tablespoons vegetable oil

Equipment

- frying pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- Heat the oil in a large skillet over medium-high heat. Cook the onions in the hot oil until soft. Break the ground beef into the skillet and cook until brown.
- Place the milk in a shallow dish. Soak the bread in the milk. Squeeze the excess milk from the bread. Set the milk aside.
- Add the bread to the beef mixture. Stir in the raisins, apricot jam, chutney, curry powder, salt, and black pepper.
- Pour the mixture into the prepared baking dish.
- Bake in the preheated oven 1 hour.
- While the bobotie bakes, whisk together the reserved milk, egg, and a pinch of salt.
- Pour over top of the dish.
- Lay the bay leaf onto the top of the milk mixture.
- Return the bobotie to the oven until the top is golden brown, 25 to 30 minutes.
- Remove bay leaf before serving.

Nutrition Facts

PROTEIN 20.11% **FAT 61.2%** **CARBS 18.69%**

Properties

Glycemic Index:40.2, Glycemic Load:9.9, Inflammation Score:-5, Nutrition Score:21.91652190167%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Nutrients (% of daily need)

Calories: 704.22kcal (35.21%), Fat: 47.98g (73.82%), Saturated Fat: 16.82g (105.1%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 29.98g (10.9%), Sugar: 7.2g (8%), Cholesterol: 174.59mg (58.2%), Sodium: 342.91mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.48g (70.96%), Vitamin B12: 4.08µg (68.01%), Zinc: 7.68mg (51.22%), Selenium: 31.08µg (44.39%), Iron: 7.37mg (40.95%), Phosphorus: 387.76mg (38.78%), Vitamin B3: 7.56mg (37.8%), Vitamin B6: 0.72mg (35.91%), Vitamin B2: 0.44mg (26.12%), Potassium: 814.41mg (23.27%), Vitamin K: 17.17µg (16.35%), Calcium: 135.68mg (13.57%), Vitamin B5: 1.35mg (13.53%), Magnesium: 51.12mg (12.78%), Fiber: 2.99g (11.97%), Vitamin B1: 0.16mg (10.67%), Vitamin E: 1.6mg (10.64%), Manganese: 0.21mg (10.46%), Copper: 0.2mg (10.06%), Folate: 30.04µg (7.51%), Vitamin D: 1.09µg (7.27%), Vitamin C: 5.93mg (7.19%), Vitamin A: 281.7IU (5.63%)