



Bobotie

READY IN



125 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 almonds
- 4 bay leaves
- 1 tablespoon curry powder
- 2 eggs
- 0.5 teaspoon ground pepper black
- 2 pounds ground beef lean
- 1 cup milk
- 3 tablespoons chutney
- 2 onions sliced

- 0.5 cup raisins
- 2 teaspoons salt
- 0.5 teaspoon turmeric
- 1 tablespoon vegetable oil
- 2 tablespoons vinegar
- 3 cups water or as needed
- 1 slice bread white
- 1 tablespoon sugar white

Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- baking pan

Directions

- Heat water in a saucepan over high heat. Bring to a boil and add the onion slices. Reduce heat and simmer until the onions appear translucent, 3 to five minutes.
- Remove the onions and finely chop them.
- Heat the vegetable oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has browned slightly.
- Preheat oven to 350 degrees F (175 degrees C). Grease a 7x11-inch baking dish.
- Soak the slice of bread in the milk and gently squeeze out the milk; set the milk aside. Crumb the bread into a large mixing bowl.
- Mix bread together with ground beef, curry powder, 1 egg, sugar, salt, black pepper, turmeric, vinegar, chutney, almonds and raisins.
- Place the mixture the prepared baking dish. Insert the bay leaves into the meat.
- Bake in the preheated oven for 1 hour.
- Beat the remaining egg with 3 tablespoons of the drained milk.

Pour over the meat and bake for another 30 minutes.

Nutrition Facts

PROTEIN 41.64% **FAT 35.29%** **CARBS 23.07%**

Properties

Glycemic Index:46.33, Glycemic Load:7.11, Inflammation Score:-8, Nutrition Score:15.672173624453%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 270.49kcal (13.52%), Fat: 10.46g (16.09%), Saturated Fat: 4.02g (25.09%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 13.82g (5.02%), Sugar: 4.4g (4.89%), Cholesterol: 114.89mg (38.3%), Sodium: 804.48mg (34.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.54%), Vitamin B12: 2.8µg (46.71%), Zinc: 6.2mg (41.35%), Selenium: 24.81µg (35.44%), Vitamin B3: 6.61mg (33.07%), Phosphorus: 302.39mg (30.24%), Vitamin B6: 0.55mg (27.39%), Iron: 3.63mg (20.17%), Vitamin B2: 0.32mg (18.71%), Potassium: 594.24mg (16.98%), Vitamin B5: 1.07mg (10.7%), Magnesium: 41.63mg (10.41%), Manganese: 0.18mg (8.83%), Copper: 0.17mg (8.45%), Calcium: 79.42mg (7.94%), Vitamin B1: 0.11mg (7.36%), Vitamin E: 0.96mg (6.41%), Fiber: 1.57g (6.28%), Vitamin A: 270.38IU (5.41%), Folate: 21.45µg (5.36%), Vitamin D: 0.67µg (4.46%), Vitamin K: 4.68µg (4.45%), Vitamin C: 3.58mg (4.34%)