



# 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 pepper black
- 2 pounds ground beef lean
- 1 cup milk
- 3 tablespoons mint-cilantro chutney spread shopping list
- 2 onion sliced

- 0.5 cup raisins
- 2 teaspoons salt
- 1 tablespoon vegetable oil
- 2 tablespoons vinegar
- 1 slice sandwich bread white
- 1 tablespoon granulated 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 41.7% FAT 35.31% CARBS 22.99%

## Properties

Glycemic Index:45.71, Glycemic Load:7.1, Inflammation Score:-4, Nutrition Score:15.556086851203%

## 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: 270.05kcal (13.5%), Fat: 10.45g (16.07%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 13.76g (5%), Sugar: 4.39g (4.88%), Cholesterol: 114.89mg (38.3%), Sodium: 800mg (34.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.76g (55.52%), Vitamin B12: 2.8µg (46.71%), Zinc: 6.19mg (41.26%), Selenium: 24.8µg (35.43%), Vitamin B3: 6.61mg (33.04%), Phosphorus: 302.06mg (30.21%), Vitamin B6: 0.55mg (27.28%), Iron: 3.58mg (19.89%), Vitamin B2: 0.32mg (18.69%), Potassium: 591.09mg (16.89%), Vitamin B5: 1.07mg (10.7%), Magnesium: 40.5mg (10.12%), Manganese: 0.17mg (8.35%), Copper: 0.15mg (7.7%), Calcium: 76.53mg (7.65%), Vitamin B1: 0.11mg (7.35%), Vitamin E: 0.96mg (6.39%), Fiber: 1.54g (6.17%), Vitamin A: 270.38IU (5.41%), Folate: 21.4µg (5.35%), Vitamin D: 0.67µg (4.46%), Vitamin K: 4.66µg (4.44%), Vitamin C: 3.55mg (4.3%)