



Bobotie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 bay leaves
- ☐ 2 slices bread crumbled
- ☐ 8 servings vegetable oil
- ☐ 1 tablespoon curry powder
- ☐ 3 ounces apricot dried chopped
- ☐ 1 eggs
- ☐ 2 eggs
- ☐ 0.5 teaspoon garlic crushed

- ☐ 1 apples i use 2 granny smith apples cored peeled chopped
- ☐ 1 teaspoon turmeric
- ☐ 0.5 juice of lemon finely grated
- ☐ 1 cup milk
- ☐ 2 onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 ounces slivered almonds dry
- ☐ 0.3 cup golden raisins (golden raisins)

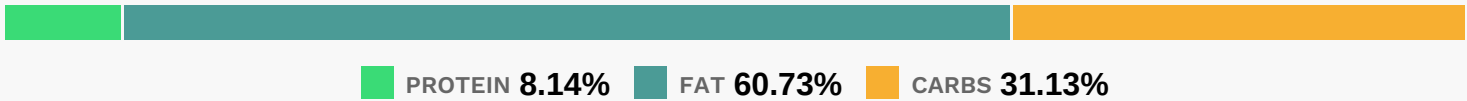
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Set the oven at 160°C (325°F). Butter a large casserole.
- ☐ Heat butter and oil in a saucepan and fry the onion and garlic until translucent. Stir in the curry powder and turmeric, and cook briefly until fragrant.
- ☐ Remove the pot from the heat.
- ☐ Mix in the minced meat.
- ☐ Mix together the crumbs, milk, lemon rind and juice, egg, salt, pepper, apricots, apple, sultanas (golden raisins) and almonds and mix in. Pile into the casserole and level the top.
- ☐ Roll up the leaves and bury them at regular intervals. Seal with foil and bake for 1 1/4 hours. Increase the oven temperature to 200°C (400°F).
- ☐ Mix together the topping milk, eggs and salt (you may require extra topping if you've used a very large casserole), pour over and bake uncovered for a further 15 minutes until cooked and lightly browned.
- ☐ Serve with Yellow Rice and Blatjang.

Nutrition Facts



Properties

Glycemic Index:36.97, Glycemic Load:7.71, Inflammation Score:-9, Nutrition Score:9.7247825912807%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

Nutrients (% of daily need)

Calories: 282kcal (14.1%), Fat: 19.8g (30.46%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 19.58g (7.12%), Sugar: 14.13g (15.7%), Cholesterol: 65.04mg (21.68%), Sodium: 217.01mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin K: 28.11µg (26.78%), Vitamin E: 3.4mg (22.64%), Manganese: 0.35mg (17.74%), Vitamin B2: 0.23mg (13.48%), Fiber: 3.25g (12.99%), Phosphorus: 125.12mg (12.51%), Selenium: 8.45µg (12.08%), Vitamin A: 546.84IU (10.94%), Potassium: 359.96mg (10.28%), Calcium: 90.95mg (9.1%), Iron: 1.55mg (8.63%), Magnesium: 34.38mg (8.59%), Copper: 0.16mg (7.8%), Vitamin B6: 0.15mg (7.57%), Folate: 24.92µg (6.23%), Vitamin B1: 0.08mg (5.66%), Vitamin B5: 0.56mg (5.62%), Vitamin B3: 1.05mg (5.26%), Vitamin C: 4.32mg (5.23%), Vitamin B12: 0.31µg (5.19%), Zinc: 0.74mg (4.91%), Vitamin D: 0.67µg (4.44%)