

## Cape Malay Curry

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup apricot spread (such as Polaner All Fruit)
- ☐ 2 bay leaves
- ☐ 1 pound beef stew meat cut into bite-sized pieces
- ☐ 2 teaspoons canola oil
- ☐ 1.5 teaspoons chili powder
- ☐ 0.3 cup apricots dried chopped
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 1 garlic clove minced

- ☐ 1 cup bell pepper green chopped ( 1 medium)
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 1.5 teaspoons ground turmeric
- ☐ 1.3 cups less-sodium beef broth
- ☐ 0.3 cup buttermilk low-fat
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

## Equipment

- ☐ bowl
- ☐ dutch oven

## Directions

- ☐ Combine turmeric, cumin, coriander, chili powder, cinnamon, and salt in a small bowl, stirring well.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add spice mixture; cook 15 seconds, stirring constantly.
- ☐ Add onion; saut 2 minutes.
- ☐ Add ginger, bay leaves, and garlic; saut 15 seconds.
- ☐ Add beef; saut 3 minutes.
- ☐ Add broth and next 5 ingredients (through vinegar); bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours. Uncover; discard bay leaves. Simmer 30 minutes or until beef is very tender.
- ☐ Remove from heat; stir in buttermilk.

## Nutrition Facts



 **PROTEIN 42.17%**  **FAT 27.78%**  **CARBS 30.05%**

Properties

Glycemic Index:43.02, Glycemic Load:4.42, Inflammation Score:-10, Nutrition Score:21.544347763062%

Flavonoids

Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 17.29mg, Quercetin: 17.29mg, Quercetin: 17.29mg, Quercetin: 17.29mg

Nutrients (% of daily need)

Calories: 273.48kcal (13.67%), Fat: 8.55g (13.15%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 16.66g (6.06%), Sugar: 12.14g (13.49%), Cholesterol: 70.91mg (23.64%), Sodium: 537.2mg (23.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.2g (58.39%), Vitamin B6: 0.99mg (49.75%), Selenium: 32.92µg (47.03%), Vitamin C: 38.25mg (46.36%), Vitamin B3: 8.51mg (42.54%), Vitamin B12: 2.13µg (35.51%), Zinc: 5.2mg (34.68%), Phosphorus: 312.07mg (31.21%), Potassium: 973.74mg (27.82%), Iron: 4.13mg (22.96%), Vitamin A: 1021.85IU (20.44%), Manganese: 0.4mg (20.05%), Fiber: 4.14g (16.54%), Vitamin B2: 0.27mg (15.6%), Magnesium: 55.43mg (13.86%), Copper: 0.26mg (13.06%), Vitamin B1: 0.19mg (12.39%), Vitamin E: 1.79mg (11.91%), Folate: 37.66µg (9.42%), Calcium: 92.91mg (9.29%), Vitamin B5: 0.78mg (7.76%), Vitamin K: 7.71µg (7.34%)