



Coconut-Curry Beef



Gluten Free



Dairy Free

READY IN



312 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef chuck cut into 2-inch pieces
- ☐ 1 teaspoon cayenne
- ☐ 1 pint cherry tomatoes
- ☐ 1 tablespoon curry powder
- ☐ 2 tablespoons ginger fresh finely chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 2 tablespoons brown sugar light packed
- ☐ 12 oz coconut milk light canned

- ☐ 2 large onions cut into 8 wedges
- ☐ 6 servings salt
- ☐ 2 tablespoons vegetable oil

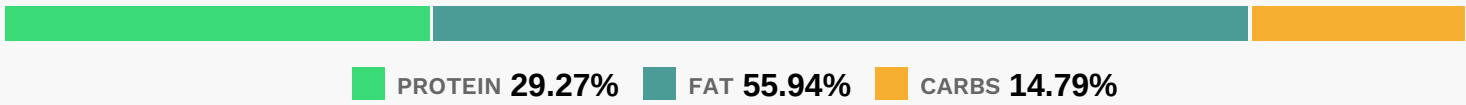
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ In a large skillet, warm oil over medium-high heat.
- ☐ Sprinkle beef with salt and brown on all sides, in batches if necessary, about 8 minutes total.
- ☐ Transfer to slow cooker along with onions, garlic and ginger.
- ☐ Whisk together coconut milk, brown sugar, curry powder and cayenne and pour over meat. Cover and cook on low until meat is fork-tender, 4 to 5 hours. Stir in cherry tomatoes and let them warm and soften in stew for 15 minutes. Adjust seasonings and serve.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.32, Inflammation Score:-6, Nutrition Score:21.67956550225%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.74mg, Quercetin: 10.74mg, Quercetin: 10.74mg, Quercetin: 10.74mg

Nutrients (% of daily need)

Calories: 418.03kcal (20.9%), Fat: 26.03g (40.04%), Saturated Fat: 12.16g (76.02%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 13.58g (4.94%), Sugar: 8.09g (8.98%), Cholesterol: 104.33mg (34.78%), Sodium: 376.57mg (16.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.28%), Zinc: 11.65mg (77.65%), Vitamin B12: 4.13µg (68.79%), Selenium: 32.34µg (46.2%), Vitamin B6: 0.75mg (37.56%), Vitamin B3: 7.11mg (35.57%),

Phosphorus: 330.82mg (33.08%), Vitamin C: 22.79mg (27.62%), Iron: 4.19mg (23.26%), Potassium: 792.1mg (22.63%), Vitamin B2: 0.26mg (15.23%), Vitamin K: 14.31µg (13.63%), Manganese: 0.25mg (12.69%), Magnesium: 45.74mg (11.44%), Vitamin B5: 1.11mg (11.14%), Vitamin A: 555.03IU (11.1%), Vitamin B1: 0.16mg (10.63%), Copper: 0.19mg (9.68%), Vitamin E: 1.44mg (9.58%), Fiber: 1.91g (7.65%), Folate: 26.54µg (6.63%), Calcium: 58.59mg (5.86%), Vitamin D: 0.15µg (1.01%)