



## Curried Beef and Onions

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black
- 14.5 ounce canned tomatoes diced undrained canned
- 2 cups rice hot cooked
- 1 tablespoon curry powder
- 1 pound flank steak trimmed
- 1 tablespoon ginger fresh grated peeled
- 3 garlic cloves minced
- 1 teaspoon ground coriander

- 1 jalapeno minced seeded
- 0.5 cup yogurt plain low-fat
- 2 cups onion vertically sliced
- 0.3 teaspoon salt
- 2 teaspoons vegetable oil

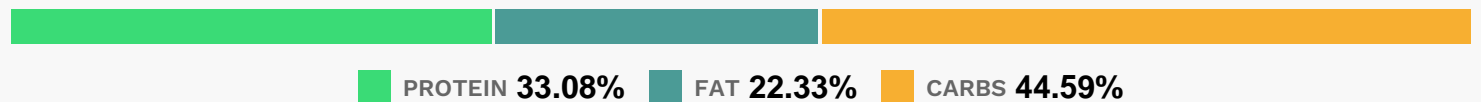
## Equipment

- frying pan

## Directions

- Cut steak diagonally across grain into thin slices.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add steak, and saut 3 minutes.
- Sprinkle with salt and pepper.
- Add ginger, garlic, and jalapeo; saut 1 minute.
- Add onion, curry, and coriander; saut 4 minutes.
- Add tomatoes, and simmer 1 minute or until liquid almost evaporates.
- Remove from heat, and cool slightly. Stir in yogurt.
- Serve over rice.
- Garnish with cilantro, if desired.

## Nutrition Facts



## Properties

Glycemic Index:72, Glycemic Load:27.99, Inflammation Score:-7, Nutrition Score:23.409130676933%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg,

Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg  
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.46mg, Quercetin:  
16.46mg, Quercetin: 16.46mg, Quercetin: 16.46mg

## **Nutrients (% of daily need)**

Calories: 374.57kcal (18.73%), Fat: 9.32g (14.34%), Saturated Fat: 3.19g (19.91%), Carbohydrates: 41.88g (13.96%),  
Net Carbohydrates: 37.34g (13.58%), Sugar: 10.35g (11.5%), Cholesterol: 69.88mg (23.29%), Sodium: 368.22mg  
(16.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.14%), Selenium: 42.14µg (60.21%), Vitamin  
B6: 1.09mg (54.38%), Vitamin B3: 8.9mg (44.49%), Manganese: 0.81mg (40.65%), Phosphorus: 375.64mg (37.56%),  
Zinc: 5.54mg (36.93%), Potassium: 960.04mg (27.43%), Vitamin C: 20.84mg (25.26%), Iron: 4.03mg (22.39%),  
Vitamin B12: 1.2µg (20.06%), Copper: 0.39mg (19.59%), Magnesium: 75.7mg (18.93%), Fiber: 4.55g (18.19%), Vitamin  
B2: 0.29mg (17.22%), Vitamin B5: 1.62mg (16.17%), Vitamin B1: 0.24mg (15.75%), Calcium: 157.23mg (15.72%), Vitamin  
E: 2.32mg (15.45%), Folate: 52.58µg (13.14%), Vitamin K: 13.72µg (13.06%), Vitamin A: 291.57IU (5.83%)