



Curried Beef with Potatoes and Peas

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 teaspoons curry powder
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 pound ground round
- ☐ 1 tablespoon mango chutney such as Sharwood's Major Grey
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 1 cup peas green frozen

- ☐ 2 cups potatoes red peeled cut into 1/2-inch cubes 3/4 pound
- ☐ 0.5 teaspoon salt

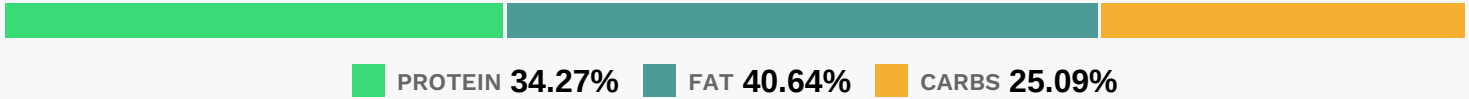
Equipment

- ☐ frying pan

Directions

- ☐ Cook beef and onion in a large nonstick skillet over medium-high heat until browned; stir to crumble. Stir in peas.
- ☐ While the meat mixture is cooking, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add potatoes; cook 8 minutes or until lightly browned.
- ☐ Add broth and curry; cook for 2 minutes.
- ☐ Add potato mixture, chutney, salt, and pepper to meat mixture; simmer 1 minute.
- ☐ Sprinkle with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:4.12, Inflammation Score:-6, Nutrition Score:18.223913140919%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 309.42kcal (15.47%), Fat: 13.85g (21.31%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 15.36g (5.59%), Sugar: 6.78g (7.53%), Cholesterol: 73.71mg (24.57%), Sodium: 610.11mg (26.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.58%), Vitamin B12: 2.62µg (43.66%), Zinc: 6.14mg (40.93%), Vitamin B3: 7.35mg (36.75%), Vitamin B6: 0.62mg (30.76%), Selenium: 21.43µg (30.62%), Phosphorus: 294.03mg (29.4%), Vitamin C: 21.27mg (25.78%), Iron: 3.93mg (21.84%), Potassium: 723.39mg

(20.67%), Manganese: 0.34mg (17.15%), Vitamin B2: 0.27mg (15.68%), Fiber: 3.89g (15.54%), Vitamin B1: 0.2mg (13.39%), Vitamin K: 13.8µg (13.14%), Magnesium: 51.06mg (12.76%), Copper: 0.24mg (11.96%), Folate: 47.78µg (11.95%), Vitamin B5: 0.94mg (9.37%), Vitamin E: 0.99mg (6.61%), Vitamin A: 293.75IU (5.87%), Calcium: 45.62mg (4.56%)