



Curry Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef eye-of-round roast cut into thin strips
- ☐ 4 cups rice hot cooked
- ☐ 1 tablespoon curry powder
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 4 garlic cloves minced
- ☐ 1 leek
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1.3 cups onion vertically sliced

- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 teaspoon pepper white

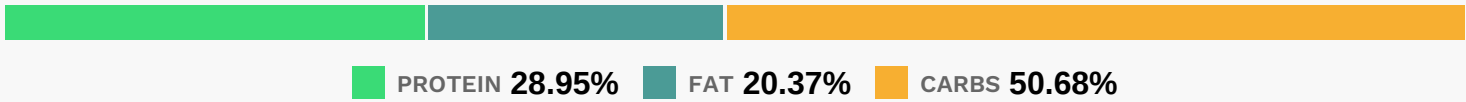
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 4 ingredients in a medium bowl; cover and marinate in refrigerator 30 minutes.
- ☐ Remove the roots, outer leaves, and tops from leek, leaving 1 1/2 to 2 inches of dark leaves. Rinse leeks with cold water, and cut into 2-inch julienne strips to yield 1 1/4 cups.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add ginger and garlic; saut 1 1/2 minutes.
- ☐ Add beef mixture; saut 5 minutes.
- ☐ Add leek, onion, pepper, and salt; saut 3 minutes.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:50.08, Inflammation Score:-6, Nutrition Score:22.1878258871%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg

Nutrients (% of daily need)

Calories: 444.55kcal (22.23%), Fat: 9.85g (15.15%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 52.53g (19.1%), Sugar: 3.21g (3.57%), Cholesterol: 70.31mg (23.44%), Sodium: 506.49mg (22.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.49g (62.99%), Selenium: 44.5µg (63.57%), Manganese: 1.1mg (54.95%), Vitamin B6: 1.07mg (53.48%), Vitamin B3: 8.62mg (43.1%), Zinc: 5.77mg (38.48%), Phosphorus: 358.33mg (35.83%), Vitamin B12: 2.1µg (34.96%), Iron: 3.88mg (21.54%), Vitamin K: 19.82µg (18.88%), Potassium: 625.93mg (17.88%), Magnesium: 68.51mg (17.13%), Copper: 0.3mg (14.9%), Vitamin B2: 0.25mg (14.69%), Vitamin B5: 1.25mg (12.5%), Vitamin B1: 0.19mg (12.46%), Folate: 49.36µg (12.34%), Fiber: 2.6g (10.4%), Vitamin C: 7.62mg (9.23%), Vitamin E: 1.27mg (8.44%), Calcium: 78.25mg (7.82%), Vitamin A: 386.97IU (7.74%)