



Curry Beef Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 pound beef stew meat cubed
- 6 cups beef stock
- 2 tablespoons butter
- 2 tablespoons curry powder
- 2 onions chopped
- 2 potatoes sliced
- 2 teaspoons salt

2 tablespoons distilled vinegar white

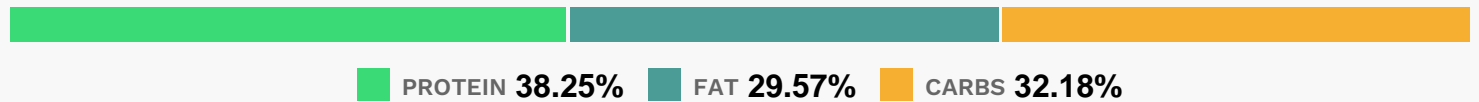
Equipment

sauce pan

Directions

- Melt the butter in a large saucepan. Cook onions and beef cubes until beef is browned and onions are tender.
- Add the beef stock, curry and bay leaves. Cook over low heat for 30 minutes.
- Add the potatoes, vinegar and salt. Simmer for 45 minutes to 1 hour until all is tender.
- Remove bay leaves, and serve hot.

Nutrition Facts



Properties

Glycemic Index:35.96, Glycemic Load:9.86, Inflammation Score:-5, Nutrition Score:17.25478251084%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 247.4kcal (12.37%), Fat: 8.13g (12.51%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 17.04g (6.2%), Sugar: 3.46g (3.85%), Cholesterol: 56.9mg (18.97%), Sodium: 1329.58mg (57.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.32%), Vitamin B6: 0.9mg (45.14%), Vitamin B3: 8.06mg (40.32%), Selenium: 24.64µg (35.19%), Potassium: 1086.66mg (31.05%), Phosphorus: 296.39mg (29.64%), Zinc: 3.91mg (26.07%), Vitamin B12: 1.41µg (23.44%), Vitamin B2: 0.38mg (22.31%), Vitamin C: 16.94mg (20.54%), Iron: 3.45mg (19.17%), Vitamin B1: 0.23mg (15.23%), Copper: 0.3mg (15.12%), Magnesium: 60.23mg (15.06%), Manganese: 0.26mg (13%), Fiber: 2.86g (11.43%), Folate: 36.23µg (9.06%), Calcium: 62.28mg (6.23%), Vitamin B5: 0.59mg (5.9%), Vitamin E: 0.81mg (5.42%), Vitamin K: 4.97µg (4.73%), Vitamin A: 140.55IU (2.81%)