



Ginger Beef Curry (Slow Cooker Version)

 Dairy Free

READY IN



565 min.

SERVINGS



10

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds beef chuck boneless lean cut into 1/2 by 2 inch strips
- 1 stick piece cinnamon (2 inch)
- 0.3 cup flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 3 tablespoons ginger fresh grated
- 6 cloves garlic minced
- 1 teaspoon ground cardamom
- 0.5 teaspoon ground pepper

- 0.5 teaspoon ground cloves
- 1 tablespoon ground coriander
- 2 tablespoons ground cumin
- 0.3 teaspoon ground nutmeg
- 1 teaspoon ground paprika
- 1 teaspoon ground turmeric
- 2 large onions finely chopped
- 10 servings salt to taste
- 0.3 cup tomato paste
- 0.7 cup water

Equipment

- bowl
- ziploc bags
- slow cooker

Directions

- Place beef and flour in a large, resealable plastic bag. Shake to coat beef with flour. In a small bowl, mix tomato paste and water.
- In a large slow cooker, combine onions, ginger, garlic, cinnamon stick, turmeric, and paprika.
- Place beef on onions, and sprinkle with cumin, coriander, cardamom, cloves, cayenne pepper, and nutmeg.
- Pour tomato paste mixture over meat. Cover, and cook on LOW setting until beef is very tender, about 8 to 9 hours.
- When ready to serve, season to taste with salt, and stir in cilantro.

Nutrition Facts

 **PROTEIN 36.79%**  **FAT 48.33%**  **CARBS 14.88%**

Properties

Glycemic Index:36.1, Glycemic Load:3.2, Inflammation Score:-9, Nutrition Score:16.145217346108%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 248.74kcal (12.44%), Fat: 13.62g (20.95%), Saturated Fat: 5.81g (36.29%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 7.63g (2.77%), Sugar: 2.49g (2.77%), Cholesterol: 78.24mg (26.08%), Sodium: 360.3mg (15.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.32g (46.64%), Zinc: 8.81mg (58.76%), Vitamin B12: 3.1µg (51.6%), Selenium: 25.55µg (36.5%), Vitamin B3: 5.54mg (27.7%), Vitamin B6: 0.53mg (26.7%), Phosphorus: 247.65mg (24.77%), Iron: 3.96mg (22.01%), Manganese: 0.38mg (19.22%), Potassium: 575.29mg (16.44%), Vitamin B2: 0.21mg (12.64%), Magnesium: 38.51mg (9.63%), Vitamin B1: 0.13mg (8.91%), Vitamin B5: 0.78mg (7.84%), Copper: 0.15mg (7.62%), Fiber: 1.81g (7.23%), Vitamin A: 341.28IU (6.83%), Vitamin C: 5.33mg (6.46%), Calcium: 55.02mg (5.5%), Vitamin E: 0.77mg (5.13%), Vitamin K: 5.1µg (4.85%), Folate: 16.97µg (4.24%)