



## Ground Beef Curry

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups rice long-grain white uncooked
- 1 lb ground beef 80% lean (at least )
- 0.3 cup onion chopped
- 1 clove garlic finely chopped
- 2 tablespoons ginger grated ( 3 inches)
- 1 tablespoon tomato paste
- 1 teaspoon salt
- 2 teaspoons ground cumin

- 2 teaspoons chili powder
- 1 teaspoon garam masala
- 29 oz tomatoes diced undrained canned
- 3 tablespoons cilantro leaves fresh chopped

## Equipment

- frying pan

## Directions

- Cook rice in water as directed on package.
- Meanwhile, in 12-inch skillet, cook beef, onion, garlic and gingerroot over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain if desired.
- Stir remaining ingredients except cilantro into beef mixture. Reduce heat to medium. Simmer uncovered 8 to 10 minutes, stirring occasionally, until slightly thickened.
- Serve beef mixture over rice.
- Garnish with cilantro.

## Nutrition Facts



**PROTEIN 18.13%** **FAT 36.32%** **CARBS 45.55%**

## Properties

Glycemic Index:35.86, Glycemic Load:22.69, Inflammation Score:-5, Nutrition Score:15.28130419358%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

## Nutrients (% of daily need)

Calories: 397.35kcal (19.87%), Fat: 15.93g (24.51%), Saturated Fat: 5.95g (37.16%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 42.32g (15.39%), Sugar: 4.03g (4.48%), Cholesterol: 53.68mg (17.89%), Sodium: 670.58mg (29.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.88g (35.77%), Manganese: 0.68mg (34.1%),

Selenium: 18.9µg (26.99%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.96mg (26.4%), Vitamin B3: 5.13mg (25.66%),  
Vitamin B6: 0.51mg (25.65%), Iron: 3.85mg (21.37%), Phosphorus: 209.8mg (20.98%), Vitamin C: 14.2mg (17.22%),  
Potassium: 589.41mg (16.84%), Copper: 0.27mg (13.74%), Vitamin B2: 0.23mg (13.29%), Magnesium: 45.9mg  
(11.47%), Vitamin E: 1.7mg (11.31%), Fiber: 2.62g (10.49%), Vitamin B5: 1.04mg (10.37%), Vitamin B1: 0.14mg (9.25%),  
Vitamin A: 420.79IU (8.42%), Calcium: 81.59mg (8.16%), Vitamin K: 7.08µg (6.75%), Folate: 22.19µg (5.55%)