



Indian mince with fresh tomato salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion red sliced
- ☐ 300 g beef mince
- ☐ 2 tbsp mild curry powder
- ☐ 100 g lentils dried red
- ☐ 700 ml beef stock hot
- ☐ 3 tomatoes
- ☐ 1 handful coriander leaves
- ☐ 4 naan bread mini

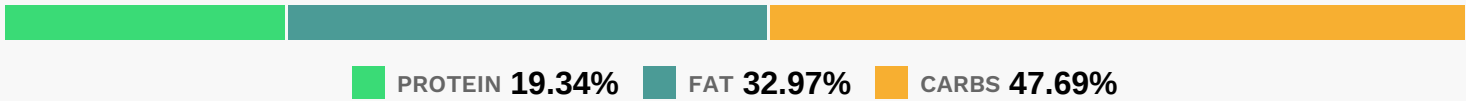
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ toaster

Directions

- ☐ In a non-stick frying pan, dry-fry onion and mince over a high heat for 2 mins, breaking up the mince as you go. Stir in the curry powder and lentils, pour in stock, then fiercely simmer for 10 mins.
- ☐ While the mince is cooking, dice the tomatoes and roughly chop the coriander, then mix together in a small bowl.
- ☐ Put the naans briefly in a toaster to warm through, then pop one on each plate. Spoon a quarter of the mince over each naan, then top with a spoonful of the fresh tomato and coriander salad.

Nutrition Facts



Properties

Glycemic Index:31.65, Glycemic Load:3.37, Inflammation Score:-8, Nutrition Score:22.924347670182%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 714.38kcal (35.72%), Fat: 25.87g (39.8%), Saturated Fat: 7.95g (49.67%), Carbohydrates: 84.2g (28.07%), Net Carbohydrates: 71.94g (26.16%), Sugar: 9.12g (10.14%), Cholesterol: 63.17mg (21.06%), Sodium: 1257.98mg (54.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.16g (68.31%), Fiber: 12.26g (49.03%), Folate: 153.08µg (38.27%), Zinc: 4.97mg (33.12%), Phosphorus: 327.87mg (32.79%), Manganese: 0.62mg (31%), Vitamin B6:

0.62mg (30.97%), Potassium: 1082.27mg (30.92%), Vitamin B3: 6.07mg (30.35%), Iron: 5.08mg (28.2%), Vitamin B12: 1.61µg (26.75%), Vitamin B1: 0.36mg (24.3%), Selenium: 16.14µg (23.06%), Vitamin B2: 0.36mg (21.22%), Vitamin C: 16.4mg (19.88%), Magnesium: 76.84mg (19.21%), Copper: 0.36mg (17.87%), Vitamin A: 877.28IU (17.55%), Vitamin K: 16.42µg (15.64%), Calcium: 151.72mg (15.17%), Vitamin E: 1.67mg (11.13%), Vitamin B5: 1.03mg (10.33%)