



 **30%**
HEALTH SCORE

Indian-Spiced Ground Beef Main Dish

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons canola oil
- 1 teaspoon chili powder red
- 0.5 cup cilantro leaves
- 1 inch cinnamon sticks
- 0.3 cup mint leaves fresh
- 10 ounces spinach frozen thawed
- 0.3 teaspoon garam masala
- 1 garlic minced

- 1 teaspoon ginger paste
- 3 cardamom pods green
- 2 to 2 chillies slit green hot finely sliced
- 1 pound ground beef
- 0.5 teaspoon ground cumin
- 0.3 teaspoon pepper black
- 0.5 cup onion chopped
- 1 cup yogurt plain
- 0.5 teaspoon salt

Equipment

- food processor

Directions

- Make a paste by pureeing the spinach, cilantro and mint in a food processor, with a tbsp or two of water. (don't go overboard on the mint otherwise the whole paste tastes bitter)
- Heat the oil on medium and throw in the cardamom pods, cloves and cinnamon stick. After 1 minute add the onion and saute till golden-brown. Then put in the green chillies, chopped garlic and ginger and cook for another minute. Stir in the beef, red chilli powder, ground cumin, garam masala, ground black pepper, salt and cook on medium-high heat for 10 mins, stirring often.
- Add half of the yogurt and mix well till incorporated and cook for another 2 mins. Put in all of the green paste, mix well, and simmer for 10 mins. Stir in the rest of the yogurt, cooking the whole thing for a further 5 mins. Taste for salt.
- Serve hot with parathas and fresh tomato salsa!

Nutrition Facts

 **PROTEIN 21.23%**  **FAT 68.82%**  **CARBS 9.95%**

Properties

Glycemic Index:38.75, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:30.056956521739%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Taste

Sweetness: 49.13%, Saltiness: 100%, Sourness: 67.99%, Bitterness: 33.78%, Savoriness: 58.38%, Fattiness: 88.61%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 465.67kcal (23.28%), Fat: 35.89g (55.21%), Saturated Fat: 10.83g (67.7%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 7.43g (2.7%), Sugar: 4.98g (5.54%), Cholesterol: 88.48mg (29.49%), Sodium: 534.37mg (23.23%), Protein: 24.9g (49.81%), Vitamin K: 280.42µg (267.06%), Vitamin A: 8779.05IU (175.58%), Manganese: 1.09mg (54.49%), Vitamin B12: 2.65µg (44.22%), Zinc: 5.73mg (38.23%), Selenium: 22.96µg (32.81%), Vitamin E: 4.66mg (31.03%), Folate: 123.46µg (30.87%), Phosphorus: 287.82mg (28.78%), Vitamin B6: 0.56mg (28.17%), Vitamin B3: 5.39mg (26.94%), Vitamin B2: 0.44mg (25.83%), Iron: 4.3mg (23.89%), Magnesium: 90.21mg (22.55%), Calcium: 213.04mg (21.3%), Potassium: 738.77mg (21.11%), Fiber: 4.24g (16.97%), Vitamin C: 10.4mg (12.61%), Copper: 0.22mg (10.81%), Vitamin B1: 0.15mg (10.23%), Vitamin B5: 0.93mg (9.31%), Vitamin D: 0.17µg (1.16%)