



Keema II

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

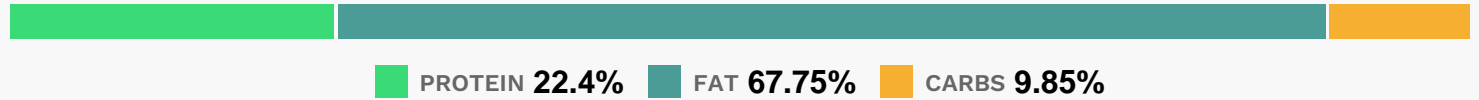
Ingredients

- 2 garlic clove chopped
- 2 lbs ground beef
- 1 tablespoon ground coriander
- 2 teaspoons ground cumin
- 0.5 teaspoon ground fenugreek
- 1 tablespoon juice of lemon
- 1 onion chopped
- 10 ounces peas

- 0.5 teaspoon pepper red crushed
- 1 lb tomatoes fresh ripe peeled chopped
- 0.5 teaspoon turmeric
- 0.3 cup vegetable oil

Equipment

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:4.62, Inflammation Score:-10, Nutrition Score:34.483913043478%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg 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: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 799.07kcal (39.95%), Fat: 60.08g (92.42%), Saturated Fat: 19.63g (122.66%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 12.85g (4.67%), Sugar: 8.32g (9.25%), Cholesterol: 161.03mg (53.68%), Sodium: 169.21mg (7.36%), Protein: 44.69g (89.38%), Vitamin B12: 4.85µg (80.89%), Zinc: 10.76mg (71.72%), Vitamin B3: 11.91mg (59.55%), Vitamin C: 48.26mg (58.5%), Vitamin K: 56.16µg (53.49%), Selenium: 36.12µg (51.6%), Vitamin B6: 1.01mg (50.67%), Phosphorus: 485.67mg (48.57%), Iron: 7.02mg (38.99%), Potassium: 1152.82mg (32.94%), Vitamin A: 1574.83IU (31.5%), Manganese: 0.59mg (29.53%), Vitamin B2: 0.47mg (27.77%), Fiber: 6.8g (27.21%), Vitamin B1: 0.36mg (23.76%), Magnesium: 87.36mg (21.84%), Folate: 85.53µg (21.38%), Vitamin E: 2.9mg (19.32%), Copper: 0.38mg (18.81%), Vitamin B5: 1.36mg (13.63%), Calcium: 99.48mg (9.95%), Vitamin D: 0.23µg (1.51%)