



Kheema: Indian Ground Beef with Peas

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons apple cider vinegar
- 4 large cardamom pods black shelled (1 tablespoon of seeds)
- 3 tablespoons canola oil
- 0.5 teaspoon cayenne
- 3 large cinnamon sticks (if you have the kind you get at Indian stores, it's 3 tablespoons of cinnamon bark bits)
- 0.3 cup cilantro leaves fresh chopped for garnish
- 4 cloves garlic minced
- 1 thumb ginger fresh minced peeled

- 0.3 cup cardamom pods green shelled (2 tablespoons of seeds)
- 1 pound ground beef
- 2 teaspoons ground coriander
- 0.5 teaspoon ground cumin
- 4 servings kosher salt and pepper black freshly ground
- 1 medium onion diced finely
- 1 teaspoon paprika
- 1 cup shucked peas fresh english
- 2 medium tomatoes chopped
- 4 chapatis warmed
- 4 chapatis warmed

Equipment

- frying pan

Directions

- In a large skillet, warm the oil over medium-high heat.
- Add the onions and cook until golden.
- Add the garlic and ginger, and saute for another minute. Stir in the coriander, paprika, Garam Masala, cumin and cayenne, if using and cook for 1 minute.
- Add the beef, breaking up lumps with a spoon, and saute until the meat is no longer pink.
- Add the tomatoes, 1 cup of water and season with salt and pepper.
- Sprinkle in the fresh English peas. Stir well and simmer, partially covered, about 10 minutes or if using frozen peas, add them now, and cook another 5 minutes, partially covered.
- Stir in the vinegar and chopped cilantro.
- Garnish with torn cilantro leaves and serve with warm chapatis or pita bread.
- Combine the cinnamon sticks, cloves, green cardamom seeds, black cardamom seeds, if using, in a spice grinder or coffee grinder and grind until fine. Store the spice mix in an airtight container away from direct sunlight.

Nutrition Facts

PROTEIN 19.04% FAT 60.7% CARBS 20.26%

Properties

Glycemic Index:81.33, Glycemic Load:3.36, Inflammation Score:-8, Nutrition Score:26.662173841311%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg 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: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 503.97kcal (25.2%), Fat: 35.01g (53.86%), Saturated Fat: 9.69g (60.57%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 16.09g (5.85%), Sugar: 5.06g (5.62%), Cholesterol: 80.51mg (26.84%), Sodium: 87.78mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.43%), Manganese: 5.54mg (277.1%), Zinc: 6.78mg (45.18%), Fiber: 10.2g (40.82%), Vitamin B12: 2.43µg (40.45%), Vitamin C: 30.3mg (36.73%), Iron: 6.07mg (33.71%), Vitamin B3: 6.32mg (31.6%), Vitamin B6: 0.61mg (30.61%), Phosphorus: 286.28mg (28.63%), Vitamin K: 28.24µg (26.89%), Selenium: 18.66µg (26.66%), Vitamin A: 1219.67IU (24.39%), Potassium: 840.92mg (24.03%), Magnesium: 88.32mg (22.08%), Vitamin E: 3.01mg (20.06%), Vitamin B2: 0.28mg (16.72%), Vitamin B1: 0.23mg (15.2%), Calcium: 150.48mg (15.05%), Copper: 0.29mg (14.31%), Folate: 47.56µg (11.89%), Vitamin B5: 0.75mg (7.46%)