



 **14%**
HEALTH SCORE

Madras Beef Curry

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

READY IN



45 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon garam masala
- 0.5 teaspoon ground cinnamon
- 2 teaspoons curry powder hot (mild or)
- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon salt
- 0.3 teaspoon ground pepper to taste ()
- 1 tablespoon brown sugar light
- 1 tablespoon brown sugar light

- 2 garlic clove crushed
- 2 teaspoons ginger grated
- 2 tablespoons juice of lemon
- 0.3 cup vegetable oil
- 1 pound beef thinly sliced
- 14.5 ounces canned tomatoes diced canned
- 4 servings spring onion chopped
- 4 servings basmati rice steamed

Equipment

- bowl
- frying pan

Directions

- Slice the beef thinly (as for a stir fry) and place in a medium bowl.
- Add all of the other ingredients, except the tomatoes, green onions and rice and combine to coat the meat well.
- Let sit for 10–15 minutes to flavor the meat.
- Heat a medium pan with a lid over medium heat.
- Add the meat and brown well, stirring occasionally. Continue to cook over medium heat until all of the meat juices have evaporated and only oil remains in the bottom of the pan with the meat.
- Add the tomatoes, stir to combine and lower the heat to medium low. Cover and simmer, stirring occasionally, until the meat is tender and most of the moisture from the tomatoes has been absorbed by the meat, about 30 minutes. If sauce becomes too thick before the beef is tender, add cup water and continue to simmer with the lid on.
- Taste and adjust the seasoning adding additional salt if needed. Madras curries are often spicy.
- Additional cayenne pepper may be added at this point if a spicier curry is desired.
- Serve over steamed basmati rice with chopped green onions on top.

Nutrition Facts

PROTEIN 16.33% FAT 57.26% CARBS 26.41%

Properties

Glycemic Index:74.5, Glycemic Load:26.33, Inflammation Score:-5, Nutrition Score:20.381304347826%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Taste

Sweetness: 65.47%, Saltiness: 100%, Sourness: 69.82%, Bitterness: 35.82%, Savoriness: 62.64%, Fattiness: 82.7%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 580.36kcal (29.02%), Fat: 37.09g (57.06%), Saturated Fat: 10.92g (68.25%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 35.34g (12.85%), Sugar: 10.79g (11.99%), Cholesterol: 80.51mg (26.84%), Sodium: 507.18mg (22.05%), Protein: 23.81g (47.62%), Vitamin K: 46.58µg (44.36%), Vitamin B12: 2.43µg (40.45%), Manganese: 0.74mg (36.78%), Zinc: 5.51mg (36.71%), Selenium: 24.09µg (34.41%), Vitamin B3: 6.48mg (32.4%), Vitamin B6: 0.64mg (31.97%), Phosphorus: 256.13mg (25.61%), Iron: 4.22mg (23.44%), Vitamin E: 3.21mg (21.4%), Potassium: 699.77mg (19.99%), Vitamin C: 14.22mg (17.24%), Copper: 0.34mg (17.03%), Vitamin B2: 0.24mg (14.35%), Magnesium: 55.62mg (13.91%), Fiber: 3.15g (12.62%), Vitamin B5: 1.2mg (12.01%), Vitamin B1: 0.15mg (10.22%), Calcium: 84.63mg (8.46%), Folate: 30.95µg (7.74%), Vitamin A: 345.33IU (6.91%)