



Masala Beef with Ginger and Curry Leaf

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



91 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 2 pounds beef tenderloin cubed
- 10 peppercorns whole black
- 5 cardamom pods
- 1 stick piece cinnamon (1 inch)
- 0.5 cup coconut oil
- 4 curry leaves fresh
- 2 teaspoons fennel seeds

- 1.5 inch ginger root fresh grated
- 6 cloves garlic minced
- 5 chile peppers green halved lengthwise
- 1 teaspoon ground pepper black
- 0.5 teaspoon ground turmeric
- 2.5 teaspoons juice of lemon
- 0.3 teaspoon mustard seeds whole
- 3 cups onion divided chopped
- 1 teaspoon salt

Equipment

- frying pan
- pot

Directions

- To make the masala powder: Grind the bay leaves, cinnamon, cardamom, cloves, fennel seeds and peppercorns in a spice grinder until mixture is a fine powder.
- Place the beef cubes, masala powder, 2 cups chopped onion, green chiles, grated fresh ginger, garlic and turmeric in a large, heavy pot.
- Add water to cover (about 1 cup) and bring to a boil. Reduce heat and simmer for 30 minutes until beef is cooked through.
- Add salt. Stir and continue to simmer about 10 minutes or until mixture is almost dry, but do not allow it to burn (add a bit more water, if necessary). Set aside.
- Heat oil in a large skillet over medium-high heat.
- Add mustard seeds and cook until they begin to pop. Immediately add remaining 1 cup chopped onion and stir over medium heat until onions soften and begin to brown, about 10 to 12 minutes.
- Add curry leaves and cook until brown, about 3 minutes.
- Stir in the beef mixture, black pepper, and lemon juice. Cook until nicely browned and heated through, about 8 minutes.

Nutrition Facts

PROTEIN 6.27% FAT 36.81% CARBS 56.92%

Properties

Glycemic Index:28.83, Glycemic Load:2.11, Inflammation Score:-9, Nutrition Score:8.7282607127791%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.3mg, Quercetin: 16.3mg, Quercetin: 16.3mg, Quercetin: 16.3mg

Nutrients (% of daily need)

Calories: 90.64kcal (4.53%), Fat: 4.02g (6.18%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 10.02g (3.64%), Sugar: 4.78g (5.31%), Cholesterol: 0mg (0%), Sodium: 517.55mg (22.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Manganese: 0.86mg (42.76%), Vitamin B3: 7.88mg (39.42%), Vitamin C: 26.17mg (31.72%), Folate: 94.71µg (23.68%), Fiber: 3.95g (15.82%), Vitamin B6: 0.15mg (7.53%), Potassium: 182.82mg (5.22%), Calcium: 50.75mg (5.07%), Magnesium: 18.22mg (4.55%), Iron: 0.79mg (4.42%), Phosphorus: 37.66mg (3.77%), Copper: 0.07mg (3.46%), Vitamin B1: 0.05mg (3.46%), Zinc: 0.36mg (2.42%), Vitamin B2: 0.03mg (2%), Selenium: 1.15µg (1.65%), Vitamin K: 1.42µg (1.36%), Vitamin B5: 0.13mg (1.33%)