



## Minced Beef Curry

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

READY IN



45 min.

SERVINGS



2

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 300 grams ground beef
- 1 medium size onion chopped
- 2 small cardamom pods (slitted)
- 3 cloves garlic crushed
- 2 servings ginger crushed
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin

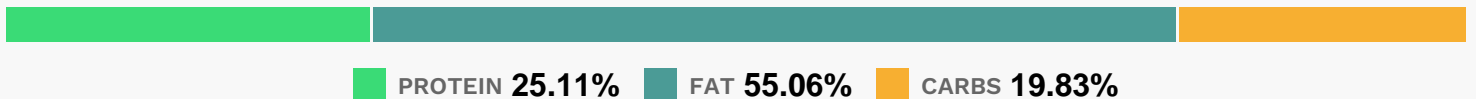
- 1 teaspoon chili powder
- 1 teaspoon garam masala
- 1 teaspoon cumin seeds
- 2 tablespoons tomato paste
- 1 cup peas frozen
- 0.5 to 2 chilies slit whole green (cook as a )
- 2 servings cilantro leaves chopped for garnish

## Equipment

## Directions

- Mix garam masala, turmeric, coriander, cumin and chilli powder with 2 tbsps of water. Set aside.
- Fry the cumin seeds and the chopped onions with 3 tbsps full of oil on medium heat. Cook till the onions become golden brown.
- Add the ginger garlic paste and spices to the onion mixture and fry till aromatic.
- Then add the remaining ingredients into the mixture and let it simmer on low heat.
- When the oil starts to separate (a layer of oil form on top of the gravy), I add about half a cup of water and season with salt and allow the curry to simmer for a further 10 mins.
- Finally, garnish with chopped coriander before you serve.

## Nutrition Facts



## Properties

Glycemic Index:106.67, Glycemic Load:5.56, Inflammation Score:-10, Nutrition Score:28.592173913043%

## 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol:

0.37mg, Kaempferol: 0.37mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg  
Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

## Taste

Sweetness: 53.73%, Saltiness: 100%, Sourness: 15.67%, Bitterness: 25.25%, Savoriness: 53.98%, Fattiness: 51.07%,  
Spiciness: 100%

## Nutrients (% of daily need)

Calories: 513.27kcal (25.66%), Fat: 31.58g (48.59%), Saturated Fat: 11.72g (73.24%), Carbohydrates: 25.59g (8.53%),  
Net Carbohydrates: 17.42g (6.34%), Sugar: 8.99g (9.99%), Cholesterol: 106.5mg (35.5%), Sodium: 292.8mg  
(12.73%), Protein: 32.4g (64.8%), Manganese: 1.25mg (62.64%), Vitamin B12: 3.21µg (53.5%), Zinc: 7.8mg (52.01%),  
Vitamin C: 40.51mg (49.1%), Vitamin B3: 8.76mg (43.81%), Vitamin B6: 0.82mg (40.95%), Iron: 7.02mg (38.97%),  
Phosphorus: 375.45mg (37.55%), Selenium: 26.2µg (37.42%), Fiber: 8.17g (32.67%), Potassium: 966.87mg (27.62%),  
Vitamin K: 24.41µg (23.25%), Vitamin B2: 0.39mg (22.8%), Vitamin A: 1128.78IU (22.58%), Vitamin B1: 0.32mg  
(21.65%), Magnesium: 82.28mg (20.57%), Copper: 0.37mg (18.4%), Folate: 71.28µg (17.82%), Vitamin E: 1.9mg  
(12.66%), Calcium: 110.57mg (11.06%), Vitamin B5: 0.96mg (9.59%)