

**2%**  
HEALTH SCORE

## Mutton Rendang

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

### Ingredients

- 1 teaspoon turmeric
- 1 tablespoon salt
- 4 servings water
- 15 pieces chilies dried hot (soaked in water first)
- 8 pieces shallots
- 1 large onion
- 5 pieces garlic clove
- 2 inches ginger

- 3 lemon grass
- 2 inches galangal
- 1 inch turmeric fresh
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 200 milliliters coconut milk thin
- 80 milliliters coconut milk thick
- 2 pieces tamarind dried
- 1 piece turmeric sliced
- 3 tablespoons coconut or toasted (kerisik)
- 4 servings salt to taste
- 4 servings cooking oil
- 1 kilogram frangelico boneless cut into cubes
- 1 kilogram frangelico boneless cut into cubes

## Equipment

- frying pan
- sauce pan
- stove
- wok
- pressure cooker

## Directions

- Mix mutton pieces with turmeric powder and salt. Put in a saucepan, add water just enough to cover the mutton. Cover the pan and place it on stove.
- Let it boil until meat is tender or almost cooked (U may also use pressure cooker). Once the mutton is done, strain excessive broth.
- Make a paste by blending together all ingredients marked \* with little water.
- Heat oil in wok, fry cumin and fennel seed until fragrant.

- Enter the blend paste and stir. Cover the wok and let the paste simmer and boil a few times. Keep stirring occasionally. The longer the paste is sauted, the better flavour U'll get.
- Add thin coconut milk, dried tamarind slices, turmeric leaf and salt (do not put too much salt, as U've already added salt in mutton just now).
- Mix well the gravy and let it boil a few times again.
- Now, add the mutton pieces together with thick coconut milk. Give it a stir and cover the wok again. Cook for another 10–15 minutes, stirring occasionally.
- Lastly, add the toasted coconut.
- Mix evenly and dish out. That's it!

## Nutrition Facts

**PROTEIN 3.37%** **FAT 81.73%** **CARBS 14.9%**

### Properties

Glycemic Index:97.75, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:9.8360869565217%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

### Nutrients (% of daily need)

Calories: 314.06kcal (15.7%), Fat: 30.09g (46.3%), Saturated Fat: 14.89g (93.04%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 9.7g (3.53%), Sugar: 3.82g (4.25%), Cholesterol: 0mg (0%), Sodium: 1966.93mg (85.52%), Protein: 2.79g (5.58%), Manganese: 0.99mg (49.73%), Iron: 3.75mg (20.84%), Vitamin A: 1001.64IU (20.03%), Vitamin E: 2.64mg (17.58%), Vitamin K: 14.38µg (13.7%), Copper: 0.27mg (13.31%), Magnesium: 51.62mg (12.91%), Potassium: 379.18mg (10.83%), Fiber: 2.65g (10.61%), Phosphorus: 100.93mg (10.09%), Vitamin B6: 0.15mg (7.3%), Vitamin C: 5.93mg (7.19%), Folate: 23.71µg (5.93%), Vitamin B3: 1mg (4.99%), Calcium: 49.59mg (4.96%), Zinc: 0.74mg (4.94%), Vitamin B2: 0.07mg (4.12%), Vitamin B1: 0.05mg (3.53%), Vitamin B5: 0.22mg (2.18%), Selenium: 1.02µg (1.46%)