



Red Curry Beef

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef for stir-frying cut
- ☐ 0.5 cup beef broth
- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 14 oz coconut milk reduced-fat canned
- ☐ 5 cups pasta hot cooked
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 tablespoon lemon zest grated

- ☐ 1 tablespoon asian sesame oil toasted ()
- ☐ 2 tablespoons soya sauce
- ☐ 1.5 tablespoons thai curry paste red prepared

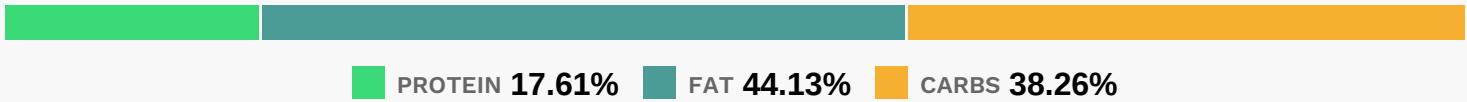
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a bowl, mix sugar and cornstarch.
- ☐ Whisk in coconut milk, broth, soy, curry paste, and lemon peel.
- ☐ Place an 11- to 12-inch nonstick frying pan over high heat. When hot, add beef. Stir until beef is browned slightly, about 2 minutes.
- ☐ Remove beef from pan.
- ☐ Add curry mixture to pan. Stir until boiling. Return beef to pan; stir just until hot, about 1 minute.
- ☐ Mix pasta with cilantro and oil, then pour curry onto pasta.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:25.61, Inflammation Score:-6, Nutrition Score:19.111739200094%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 733.17kcal (36.66%), Fat: 34.97g (53.79%), Saturated Fat: 16.33g (102.09%), Carbohydrates: 68.21g (22.74%), Net Carbohydrates: 64.49g (23.45%), Sugar: 7.45g (8.28%), Cholesterol: 80.51mg (26.84%), Sodium: 776.96mg (33.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.79%), Selenium: 65.28µg (93.26%), Vitamin B12: 2.45µg (40.8%), Zinc: 5.71mg (38.07%), Manganese: 0.65mg (32.43%), Vitamin B3: 6.12mg

(30.61%), Phosphorus: 300.67mg (30.07%), Iron: 5mg (27.77%), Vitamin B6: 0.48mg (24.07%), Vitamin A: 900.18IU (18%), Fiber: 3.73g (14.9%), Magnesium: 56.98mg (14.24%), Copper: 0.27mg (13.41%), Vitamin B2: 0.23mg (13.27%), Potassium: 432.69mg (12.36%), Vitamin B5: 0.83mg (8.26%), Vitamin B1: 0.09mg (6.13%), Folate: 23.22µg (5.81%), Calcium: 51.74mg (5.17%), Vitamin E: 0.63mg (4.21%), Vitamin K: 3.14µg (2.99%), Vitamin C: 2.46mg (2.98%)