



Shelly's Meat Curry

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

READY IN



60 min.

SERVINGS



6

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups rice
- 2 bay leaves
- 1.5 teaspoons chili powder
- 1.5 pounds corned beef ribs cubed
- 2 cloves garlic chopped
- 0.5 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 2 teaspoons ground coriander

- 1 tablespoon ground ginger
- 2 teaspoons ground turmeric
- 0.5 cup onion diced
- 4 potatoes diced
- 2 teaspoons salt
- 0.3 cup vegetable oil
- 1 quart water divided

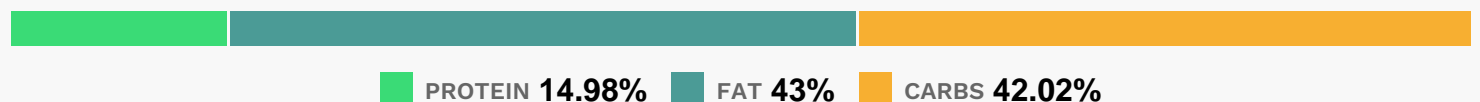
Equipment

- sauce pan
- pot

Directions

- In a pot, bring the basmati rice and 3 cups water to a boil. Reduce heat to low, cover, and simmer 20 minutes.
- Heat the oil in a large saucepan over medium heat. Brown the corned beef in the saucepan, and cook the onion and garlic until tender. Season with ginger, turmeric, coriander, salt, chili powder, cinnamon, and cardamom.
- Place the bay leaves in the saucepan, and pour in 1 cup water. Bring to a boil.
- Mix in the potatoes, reduce heat to low, and simmer 30 minutes. Stir occasionally, and add more water as needed to keep the ingredients moist.
- Cover the saucepan, and continue cooking 10 minutes, until potatoes are tender.
- Serve the beef and potato mixture over the basmati rice.

Nutrition Facts



Properties

Glycemic Index:36.16, Glycemic Load:40.8, Inflammation Score:-10, Nutrition Score:23.968260930932%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 626.15kcal (31.31%), Fat: 29.77g (45.79%), Saturated Fat: 7.4g (46.26%), Carbohydrates: 65.44g (21.81%), Net Carbohydrates: 60.61g (22.04%), Sugar: 1.83g (2.03%), Cholesterol: 61.24mg (20.41%), Sodium: 2183.6mg (94.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.65%), Vitamin C: 60.27mg (73.05%), Manganese: 1.21mg (60.42%), Vitamin B6: 0.88mg (44.05%), Selenium: 29.94µg (42.78%), Vitamin B12: 2.02µg (33.64%), Vitamin B3: 6.6mg (33%), Potassium: 1060.23mg (30.29%), Zinc: 4.33mg (28.86%), Phosphorus: 280.05mg (28.01%), Vitamin K: 25.76µg (24.54%), Iron: 4.14mg (22.98%), Copper: 0.43mg (21.74%), Fiber: 4.83g (19.31%), Magnesium: 69.82mg (17.45%), Vitamin B5: 1.57mg (15.67%), Vitamin B2: 0.26mg (15.35%), Vitamin B1: 0.21mg (13.83%), Folate: 35.23µg (8.81%), Vitamin E: 1.27mg (8.5%), Calcium: 59.15mg (5.91%), Vitamin A: 154.25IU (3.08%)