



## Spicy Beef Curry Stew for the Slow Cooker



Gluten Free



Dairy Free



Popular

READY IN



505 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup beef broth
- 1 pound beef stew meat
- 14.5 ounce canned tomatoes diced with juice canned
- 1 tablespoon curry powder
- 1 teaspoon ginger fresh chopped
- 2 cloves garlic minced
- 1 jalapeño peppers fresh diced
- 1 tablespoon olive oil

- 1 onion sliced quartered
- 4 servings salt and pepper to taste

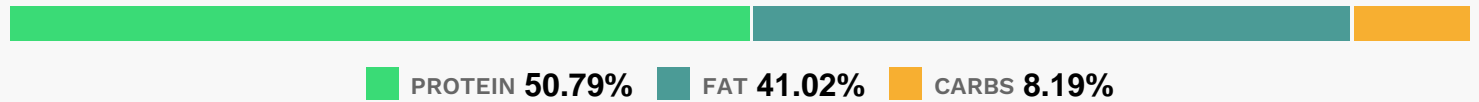
## Equipment

- frying pan
- slow cooker

## Directions

- Heat the olive oil in a skillet over medium heat, and brown the beef on all sides.
- Remove from skillet, reserving juices, and season with salt and pepper. Cook and stir the garlic, ginger, and jalapeno in the skillet for 2 minutes, until tender, and season with curry powder.
- Mix in the diced tomatoes and juice.
- Place the onion in the bottom of a slow cooker, and layer with the browned beef. Scoop the skillet mixture into the slow cooker, and mix in the beef broth.
- Cover, and cook 6 to 8 hours on Low.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:14.933043562848%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

## Nutrients (% of daily need)

Calories: 213.42kcal (10.67%), Fat: 9.52g (14.64%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 3.17g (1.15%), Sugar: 1.38g (1.53%), Cholesterol: 70.31mg (23.44%), Sodium: 482.87mg (20.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.51g (53.02%), Selenium: 32.46µg (46.37%), Vitamin B6:

0.83mg (41.54%), Vitamin B3: 8.27mg (41.37%), Vitamin B12: 2.14µg (35.66%), Zinc: 4.85mg (32.33%), Phosphorus: 268.19mg (26.82%), Iron: 3mg (16.66%), Potassium: 499.23mg (14.26%), Vitamin B2: 0.21mg (12.35%), Magnesium: 36.1mg (9.02%), Vitamin E: 1.31mg (8.72%), Vitamin B1: 0.13mg (8.51%), Vitamin C: 6.85mg (8.3%), Manganese: 0.15mg (7.59%), Copper: 0.14mg (7.07%), Folate: 24.52µg (6.13%), Vitamin B5: 0.56mg (5.61%), Vitamin K: 5.75µg (5.47%), Fiber: 1.11g (4.42%), Calcium: 42.01mg (4.2%), Vitamin A: 53.21IU (1.06%)