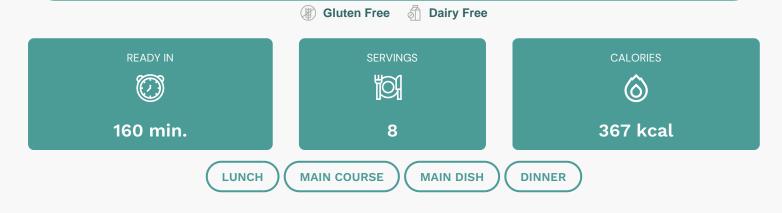


Sri Lanka Beef Curry



Ingredients

4 strips pandan lear
3 pounds beef stew meat cut into 1 inch cubes
1.5 tablespoons cayenne pepper
1 stick piece cinnamon (1 inch)
1 cup coconut milk thick
8 curry leaves fresh
1 tablespoon curry powder toasted
1 inch ginger root fresh crushed peeled sliced

	6 cloves garlic	
	4 cardamom pods green	
	1 tablespoon ground pepper black	
	1 onion sliced	
	2 teaspoons salt	
	2 tablespoons tomato paste	
	3 tablespoons vegetable oil	
	1 cup water	
	3.5 tablespoons vinegar white	
	u in mant	
	juipment	
Ц	frying pan	
Ш	dutch oven	
Directions		
	Rinse the beef and pat dry. Crush the garlic cloves into a paste and combine it with the crushed ginger.	
	Add the vinegar, salt, pepper, roasted curry powder, and cayenne.	
	Mix in the beef cubes and toss to coat. Set aside for 30 minutes.	
	Heat the oil in a Dutch oven over medium heat.	
	Add the curry leaves and pandan strips. Stir in the onions. Cook, stirring frequently, until the onion has softened and turned translucent, about 5 minutes.	
	Mix in the beef cubes and cook until browned on all sides, about 10 minutes. Stir in the cinnamon stick, cardamom pods, and cloves.	
	Add the tomato paste and water and mix well.	
	Simmer, covered, on low heat for 11/2 hours or until the meat is tender. Check the curry every half hour; you may need to add more water (up to 1 cup) if the curry is too dry and is sticking to the pan.	
	Add the coconut milk and heat through. Taste and adjust the seasonings before serving.	

Nutrition Facts

Properties

Glycemic Index:42.88, Glycemic Load:1.77, Inflammation Score:-7, Nutrition Score:28.460869643999%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Quercetin: 2.83mg, Quercetin: 2.83mg,

Nutrients (% of daily need)

Calories: 366.56kcal (18.33%), Fat: 20.02g (30.8%), Saturated Fat: 9.1g (56.89%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 4.86g (1.77%), Sugar: 1.24g (1.38%), Cholesterol: 105.46mg (35.15%), Sodium: 715.72mg (31.12%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 39.33g (78.66%), Vitamin B3: 23.48mg (117.39%), Selenium: 48.03µg (68.62%), Vitamin B6: 1.22mg (60.93%), Vitamin B12: 3.15µg (52.45%), Zinc: 7.48mg (49.88%), Manganese: 0.86mg (43.01%), Phosphorus: 413.62mg (41.36%), Folate: 150.03µg (37.51%), Iron: 5.4mg (30%), Vitamin C: 24.18mg (29.31%), Potassium: 771.87mg (22.05%), Vitamin B2: 0.3mg (17.76%), Magnesium: 66.18mg (16.54%), Copper: 0.29mg (14.57%), Vitamin K: 14.84µg (14.13%), Vitamin B1: 0.19mg (12.41%), Vitamin A: 533.08IU (10.66%), Vitamin E: 1.57mg (10.46%), Vitamin B5: 0.83mg (8.35%), Fiber: 1.83g (7.33%), Calcium: 72.71mg (7.27%)