



Thai Red Curry Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bagged baby spinach leaves
- ☐ 2 pounds beef stew meat lean
- ☐ 4 cups jasmine rice hot cooked
- ☐ 1 tablespoon brown sugar dark
- ☐ 2 tablespoons fish sauce
- ☐ 0.5 cup basil leaves fresh
- ☐ 4 garlic cloves minced
- ☐ 1 jalapeno minced

- ☐ 13.5 ounce coconut milk light canned
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.8 cup lower-sodium beef broth
- ☐ 2 cups onion finely chopped (1 onion)
- ☐ 3 tablespoons curry paste red
- ☐ 0.1 teaspoon salt

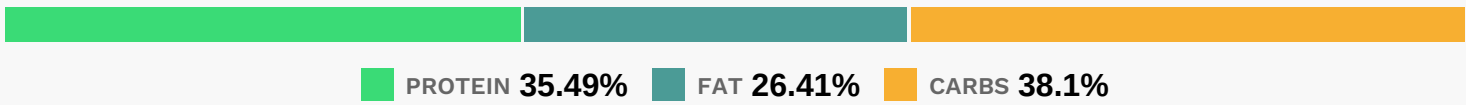
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add beef; cook 5 minutes or until browned, stirring occasionally.
- ☐ Drain.
- ☐ Place beef in a 4-quart electric slow cooker; sprinkle with salt.
- ☐ Return pan to medium-high heat.
- ☐ Add onion and garlic; saute 5 minutes or until tender. Spoon onion mixture over beef.
- ☐ Combine beef broth and next 6 ingredients (through jalapeo); pour over beef. Cover and cook on LOW for 6 hours.
- ☐ Stir in spinach. Cover and cook on LOW for 15 minutes or just until spinach wilts.
- ☐ Serve beef mixture over rice; sprinkle with basil leaves.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:24.94, Inflammation Score:-8, Nutrition Score:20.682173874067%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

Nutrients (% of daily need)

Calories: 338.22kcal (16.91%), Fat: 9.54g (14.67%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 29.47g (10.72%), Sugar: 3.94g (4.38%), Cholesterol: 70.31mg (23.44%), Sodium: 543.48mg (23.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.84g (57.68%), Selenium: 38.27µg (54.67%), Vitamin B6: 0.92mg (46.24%), Vitamin K: 44.34µg (42.23%), Vitamin B3: 8.24mg (41.18%), Vitamin B12: 2.12µg (35.32%), Zinc: 5.26mg (35.05%), Vitamin A: 1690.55IU (33.81%), Phosphorus: 297.54mg (29.75%), Manganese: 0.56mg (28.19%), Iron: 3.05mg (16.97%), Potassium: 593.72mg (16.96%), Magnesium: 56.53mg (14.13%), Vitamin B2: 0.22mg (13.17%), Vitamin C: 9.5mg (11.52%), Folate: 43.48µg (10.87%), Copper: 0.21mg (10.3%), Vitamin B1: 0.15mg (10.08%), Vitamin B5: 0.89mg (8.86%), Calcium: 63.25mg (6.33%), Fiber: 1.49g (5.95%), Vitamin E: 0.62mg (4.11%)