



Thai-Style Ground Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon asian fish sauce
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 tablespoon brown sugar
- ☐ 4 servings cilantro leaves chopped
- ☐ 1 pound ground sirloin lean
- ☐ 1 cup leek thinly sliced
- ☐ 0.5 cup coconut milk light
- ☐ 1.5 tablespoons juice of lime fresh

- ☐ 0.3 teaspoon lime rind grated
- ☐ 1 teaspoon curry paste red (such as Thai Kitchen)
- ☐ 3 cups short-grain rice hot cooked
- ☐ 1 cup tomato sauce

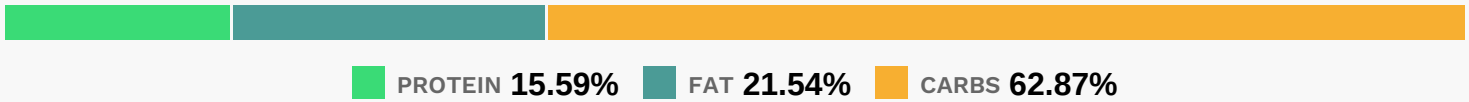
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add leek; saut 5 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add beef; cook 7 minutes or until lightly browned, stirring to crumble. Stir in curry paste and tomato sauce; cook until half of liquid evaporates (about 2 minutes).
- ☐ Add milk and next 4 ingredients (through fish sauce); cook 2 minutes or until slightly thickened.
- ☐ Serve with the rice and lettuce wedges, if desired.
- ☐ Garnish with cilantro and green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:95.96, Inflammation Score:-9, Nutrition Score:33.669130480808%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 847.65kcal (42.38%), Fat: 19.81g (30.47%), Saturated Fat: 8.6g (53.76%), Carbohydrates: 130.09g (43.36%), Net Carbohydrates: 124.47g (45.26%), Sugar: 6.32g (7.02%), Cholesterol: 77.11mg (25.7%), Sodium: 746.44mg (32.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.26g (64.51%), Folate: 376.05µg (94.01%), Manganese: 1.77mg (88.71%), Vitamin B1: 0.93mg (61.85%), Vitamin B3: 12.26mg (61.31%), Selenium: 41.79µg (59.7%), Iron: 9.89mg (54.93%), Zinc: 6.92mg (46.14%), Vitamin B12: 2.48µg (41.37%), Vitamin B6: 0.8mg (39.88%), Phosphorus: 363.94mg (36.39%), Vitamin B5: 2.8mg (27.98%), Copper: 0.5mg (24.87%), Fiber: 5.62g (22.48%), Potassium: 699.68mg (19.99%), Magnesium: 79.27mg (19.82%), Vitamin B2: 0.3mg (17.4%), Vitamin A: 843.27IU (16.87%), Vitamin K: 14.01µg (13.35%), Vitamin C: 9.23mg (11.18%), Vitamin E: 1.52mg (10.15%), Calcium: 52.55mg (5.25%)