



Asian Beef Rolls

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



212 kcal

Ingredients

- 72 inch bell pepper red (1 large pepper)
- 1 teaspoon sesame oil dark
- 1 pound flank steak trimmed
- 72 inch spring onion (16 onions)
- 0.3 cup soy sauce low-sodium
- 2 tablespoons rice wine sweet (rice wine)
- 2.5 tablespoons rice vinegar divided

Equipment

- frying pan

- grill pan
- cutting board

Directions

- Cut steak diagonally across grain into 16 thin slices.
- Combine steak, soy sauce, 1 tablespoon vinegar, mirin, and sesame oil in a shallow dish. Marinate steak 10 minutes, turning occasionally.
- Remove steak from marinade, reserving marinade.
- Place 1 steak slice on a cutting board or work surface; arrange 3 green onion pieces and 3 bell pepper strips on the end of steak slice.
- Roll up; set aside, seam side down. Repeat procedure with remaining steak strips, onion pieces, and bell pepper pieces.
- Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- Place beef rolls in pan, seam side down; cook 7 minutes, turning once.
- While beef rolls cook, bring reserved marinade to a boil over medium-high heat; cook 3 minutes.
- Remove from heat; stir in remaining 1 1/2 tablespoons vinegar.
- Drizzle sauce over rolls.
- Combine 3 cups hot cooked linguine, 1 tablespoon canola oil, 1 1/2 teaspoons grated peeled fresh ginger, 1 teaspoon dark sesame oil, 1/2 teaspoon salt, and 1/2 teaspoon crushed red pepper.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.27, Inflammation Score:-9, Nutrition Score:24.477826263594%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 211.65kcal (10.58%), Fat: 6.94g (10.68%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 5.12g (1.86%), Sugar: 3.07g (3.41%), Cholesterol: 68.04mg (22.68%), Sodium: 643.34mg (27.97%), Alcohol: 1.21g (100%), Alcohol %: 0.64% (100%), Protein: 27.07g (54.14%), Vitamin K: 98.38µg (93.69%), Vitamin C: 67.12mg (81.35%), Selenium: 34.01µg (48.58%), Vitamin B6: 0.87mg (43.62%), Vitamin B3: 7.93mg (39.65%), Vitamin A: 1887.32IU (37.75%), Zinc: 4.76mg (31.76%), Phosphorus: 285.17mg (28.52%), Potassium: 667.52mg (19.07%), Folate: 72.05µg (18.01%), Vitamin B12: 1.03µg (17.2%), Iron: 2.85mg (15.81%), Vitamin B2: 0.24mg (14.36%), Magnesium: 51.12mg (12.78%), Manganese: 0.21mg (10.5%), Vitamin B5: 0.94mg (9.45%), Vitamin E: 1.38mg (9.21%), Vitamin B1: 0.14mg (9.19%), Fiber: 2.26g (9.04%), Copper: 0.14mg (6.88%), Calcium: 65.69mg (6.57%)