



Asian Beef with Baby Bok Choy

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 1 lb baby bok choy (cut lengthwise into quarters)
- 0.3 cup beef broth (fat-free reduced-sodium)
- 1 lb beef flank steak
- 1 Tbsp gingerroot (fresh divided finely minced)
- 2 cloves garlic (divided minced)
- 1 bell pepper (red cut into thin strips)
- 1 Tbsp soya sauce

Equipment

frying pan

Directions

- Heat large nonstick skillet on high heat.
- Add bok choy, peppers, half the garlic and 1 tsp. ginger; stir-fry 1 min. Stir in broth; cover. Simmer 3 to 5 min. or until vegetables are crisp-tender.
- Transfer to platter; cover to keep warm.
- Combine meat, dressing, soy sauce, and remaining garlic and ginger.
- Heat same skillet on high heat.
- Add meat mixture; stir-fry 3 to 4 min. or until meat is done. Spoon meat and sauce over vegetables.

Nutrition Facts



Properties

Glycemic Index:3.68, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:3.8534782114236%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 40.69kcal (2.03%), Fat: 2.06g (3.16%), Saturated Fat: 0.54g (3.34%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.61g (0.68%), Cholesterol: 10.89mg (3.63%), Sodium: 91.3mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin A: 957.35IU (19.15%), Vitamin C: 14.35mg (17.39%), Selenium: 5.44µg (7.77%), Vitamin B6: 0.13mg (6.42%), Vitamin B3: 1.21mg (6.04%), Zinc: 0.72mg (4.77%), Phosphorus: 40.21mg (4.02%), Vitamin B12: 0.17µg (2.75%), Iron: 0.47mg (2.6%), Calcium: 25.2mg (2.52%), Potassium: 84.29mg (2.41%), Vitamin K: 1.86µg (1.77%), Vitamin E: 0.25mg (1.69%), Vitamin B2: 0.03mg (1.55%), Vitamin B5: 0.13mg (1.34%), Fiber: 0.32g (1.29%), Magnesium: 5.03mg (1.26%), Folate: 4.72µg (1.18%), Vitamin B1: 0.02mg (1.11%)