

Asian Fire Meat



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef round steak paper thin sliced
- ☐ 2 tablespoons brown sugar
- ☐ 1 small carrots chopped
- ☐ 3 cloves garlic crushed
- ☐ 4 servings ground pepper black to taste
- ☐ 2 leeks chopped
- ☐ 1 large onion red chopped
- ☐ 1 teaspoon pepper flakes red

- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons sesame seed
- ☐ 0.5 cup soya sauce

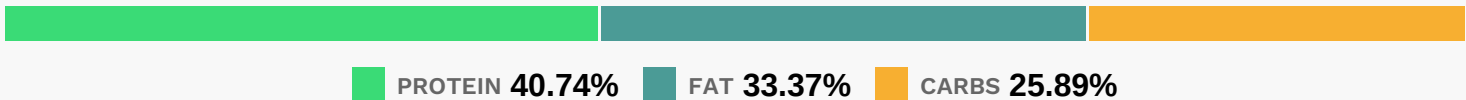
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ In a large bowl, mix together the soy sauce, sesame oil, brown sugar, garlic, and red onion. Stir in the black pepper, red pepper flakes, sesame seeds, leeks and carrot.
- ☐ Mix in the meat by hand to ensure even coating. Cover and let marinate for at least 2 hours or overnight.
- ☐ Brush the bottom half of a wok with cooking oil, and heat over medium-high heat. Put in all of the meat and marinade at once, and cook stirring constantly. The meat will be cooked after just a few minutes.
- ☐ Remove from heat and serve with rice or noodles. For Korean style fire meat, roll the meat mixture up in a leaf of red lettuce.

Nutrition Facts



Properties

Glycemic Index:54.46, Glycemic Load:3.32, Inflammation Score:-9, Nutrition Score:23.943913055503%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 301.1kcal (15.06%), Fat: 11.21g (17.25%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 17.01g (6.19%), Sugar: 9.88g (10.98%), Cholesterol: 71.44mg (23.81%), Sodium: 1713.92mg (74.52%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.8g (61.6%), Vitamin A: 2979.97IU (59.6%), Vitamin B6: 1.04mg (51.99%), Selenium: 35.13µg (50.19%), Vitamin B3: 9.57mg (47.83%), Zinc: 5.48mg (36.53%), Vitamin B12: 2.14µg (35.72%), Phosphorus: 347.87mg (34.79%), Manganese: 0.59mg (29.45%), Iron: 4.88mg (27.13%), Vitamin K: 25.24µg (24.04%), Copper: 0.4mg (20.13%), Potassium: 667.69mg (19.08%), Magnesium: 72.72mg (18.18%), Vitamin B2: 0.27mg (16.13%), Folate: 60.21µg (15.05%), Vitamin B1: 0.21mg (14%), Calcium: 115.33mg (11.53%), Vitamin C: 8.82mg (10.69%), Vitamin B5: 1.03mg (10.34%), Fiber: 2.57g (10.28%), Vitamin E: 1.09mg (7.27%)