



Asian Ginger Beef

 Gluten Free  Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons cornstarch
- 2 teaspoons sesame oil dark
- 1 pound flank steak thinly sliced
- 2 tablespoons ginger fresh grated
- 1 small clove garlic chopped
- 0.3 cup beef broth low-sodium
- 0.3 cup soya sauce low-sodium
- 0.5 medium bell pepper red cut into thin strips (1 cup)

- 4 servings salt and pepper
- 12 oz asian vegetable mix frozen (such as broccoli, carrots, snow peas and water chestnuts)
- 1 tablespoon vegetable oil

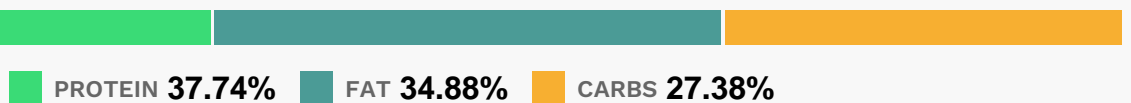
Equipment

- bowl
- frying pan

Directions

- Cook vegetable mix as package label directs.
- Warm vegetable oil in a large skillet over high heat.
- Sprinkle steak with salt and pepper and add to skillet along with onion and bell pepper. Saut for 2 minutes.
- Add garlic and ginger and saut 2 minutes longer.
- Stir in soy sauce, sesame oil and broth, bring to a boil and cook 2 minutes, stirring occasionally. Stir in mixed vegetables and toss well.
- In a small bowl, mix cornstarch with 2 tsp. water until smooth.
- Add to skillet and cook, stirring constantly, until thickened, about 1 minute.
- Serve over rice, if desired.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:17.546521736228%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 291.05kcal (14.55%), Fat: 11.27g (17.34%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 16.06g (5.84%), Sugar: 4.04g (4.49%), Cholesterol: 68.04mg (22.68%), Sodium: 866.61mg (37.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.86%), Selenium: 34.64µg (49.49%), Vitamin B6: 0.98mg (49.03%), Vitamin B3: 7.9mg (39.49%), Zinc: 5.03mg (33.53%), Phosphorus: 287.37mg (28.74%), Vitamin C: 21.15mg (25.64%), Potassium: 678.27mg (19.38%), Iron: 3.22mg (17.9%), Vitamin B12: 1.03µg (17.2%), Fiber: 3.84g (15.34%), Manganese: 0.26mg (12.76%), Vitamin B2: 0.22mg (12.68%), Copper: 0.24mg (11.83%), Magnesium: 46.26mg (11.57%), Vitamin E: 1.61mg (10.72%), Vitamin B5: 1.01mg (10.12%), Vitamin A: 465.8IU (9.32%), Folate: 36.66µg (9.16%), Vitamin K: 8.89µg (8.46%), Vitamin B1: 0.11mg (7.53%), Calcium: 36.8mg (3.68%)