

food
network



HEALTH SCORE

54%

BBQ Beef Stir-Fry



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



966 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound beef chuck steak sliced into thin strips
- ☐ 1 head broccoli cut into florets
- ☐ 2 tablespoons canola oil
- ☐ 2 carrots sliced
- ☐ 2 stalks celery sliced
- ☐ 2 tablespoons cider vinegar
- ☐ 1 tablespoon freshly garlic minced
- ☐ 1 teaspoon garlic chopped

- ☐ 1 teaspoon ginger chopped
- ☐ 1 tablespoon freshly ginger root minced
- ☐ 1 teaspoon hot sauce
- ☐ 0.3 cup brown sugar light
- ☐ 16 ounce lo mein noodles cooked
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 soya sauce
- ☐ 2 tablespoons tomato paste
- ☐ 8 ounces button mushrooms white sliced
- ☐ 0.5 medium onion yellow sliced

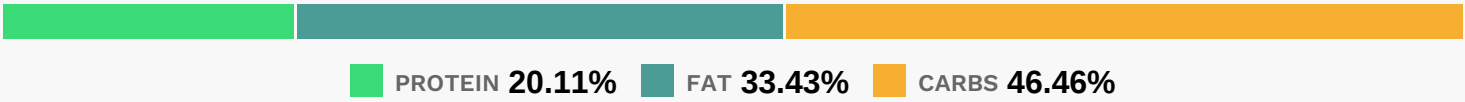
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Stir-Fry: In a wok or large skillet over high heat add the canola oil.
- ☐ Add the beef and cook until browned, about 3 minutes. Set aside on a plate.
- ☐ To the same pan the beef was cooked in, add the carrots, celery, onions, mushrooms, ginger, garlic, and broccoli and stir-fry until slightly tender but not soft, about 3 minutes.
- ☐ Remove half the vegetables and reserve for the online round 2 recipe: Cold Noodle Salad.
- ☐ Add the beef back to the skillet along with half of the hoisin sauce, and toss to coat the beef. Reserve half of the lo mein noodles for the round 2 recipe: Cold Noodle Salad. Arrange the remaining half of the lo mein noodles on a serving platter and top with the beef stir-fry.
- ☐ Hoisin Sauce: In a medium bowl, whisk all the sauce ingredients until well blended.
- ☐ Add half to the stir-fry and save the remaining half for the next time you make a stir-fry. The extra hoisin sauce will last up to 2 weeks in a sealed container stored in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:97.96, Glycemic Load:4.59, Inflammation Score:-10, Nutrition Score:44.954347843709%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 12.13mg, Kaempferol: 12.13mg, Kaempferol: 12.13mg, Kaempferol: 12.13mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 965.57kcal (48.28%), Fat: 36.5g (56.16%), Saturated Fat: 12.06g (75.37%), Carbohydrates: 114.17g (38.06%), Net Carbohydrates: 105.78g (38.46%), Sugar: 20.43g (22.69%), Cholesterol: 115.67mg (38.56%), Sodium: 648.62mg (28.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.4g (98.81%), Vitamin C: 143.68mg (174.16%), Vitamin K: 173.61µg (165.34%), Vitamin A: 6282.09IU (125.64%), Zinc: 13.66mg (91.06%), Vitamin B12: 4.51µg (75.22%), Selenium: 43.77µg (62.53%), Vitamin B6: 1.15mg (57.49%), Vitamin B3: 11.15mg (55.73%), Phosphorus: 494.57mg (49.46%), Potassium: 1539.68mg (43.99%), Vitamin B2: 0.7mg (41.11%), Fiber: 8.4g (33.58%), Folate: 127.62µg (31.9%), Iron: 5.62mg (31.21%), Vitamin B5: 3.04mg (30.38%), Manganese: 0.55mg (27.73%), Vitamin B1: 0.33mg (21.9%), Copper: 0.44mg (21.85%), Vitamin E: 3.27mg (21.78%), Magnesium: 85.09mg (21.27%), Calcium: 138.71mg (13.87%), Vitamin D: 0.28µg (1.89%)