



Beef and Bok Choy



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups bok choy thinly sliced
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1.5 pounds flank steak
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons green onions chopped
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.3 cup rice wine vinegar

☐ 2 tablespoons sesame seed toasted

Equipment

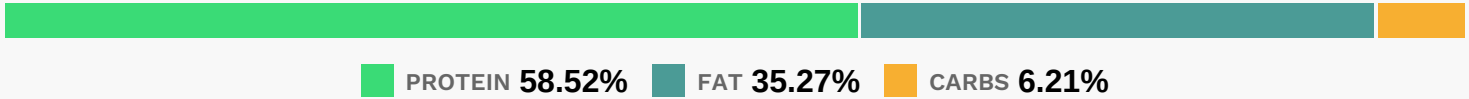
☐ frying pan

☐ ziploc bags

Directions

- ☐ Cut steak diagonally across grain into thin slices; set aside.
- ☐ Combine vinegar and next 5 ingredients in a large zip-top plastic bag; add steak, and seal bag.
- ☐ Let stand 10 minutes.
- ☐ Heat a large nonstick skillet over medium-high heat; add steak and marinade. Cook 4 minutes or until browned.
- ☐ Add bok choy; saut 3 minutes or until tender.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.26, Inflammation Score:-8, Nutrition Score:16.800869413044%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 188.59kcal (9.43%), Fat: 7.14g (10.98%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.52g (0.57%), Cholesterol: 68.04mg (22.68%), Sodium: 593.01mg (25.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.64g (53.27%), Selenium: 34.85µg (49.79%), Vitamin B6: 0.81mg (40.27%), Vitamin B3: 7.53mg (37.67%), Zinc: 4.75mg (31.66%), Phosphorus: 283.88mg (28.39%), Vitamin A: 1372.85IU (27.46%), Vitamin K: 18.97µg (18.06%), Vitamin B12: 1.03µg (17.2%), Vitamin C: 13.87mg (16.82%), Potassium: 540.44mg (15.44%), Iron: 2.65mg (14.7%), Magnesium: 51.17mg (12.79%), Vitamin B2: 0.2mg (11.53%),

Folate: 44.3μg (11.07%), Manganese: 0.22mg (10.89%), Copper: 0.21mg (10.73%), Calcium: 89.53mg (8.95%),
Vitamin B1: 0.12mg (8.26%), Vitamin B5: 0.8mg (7.98%), Fiber: 0.86g (3.44%), Vitamin E: 0.5mg (3.32%)