



Beef and Bok Choy Hot Pot

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef stew meat cut into bite-sized pieces
- ☐ 2 cups bok choy thinly sliced
- ☐ 2 tablespoons brown sugar
- ☐ 1.5 cups carrots thinly sliced
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 1.3 cups green onions chopped
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.8 cup low-salt beef broth
- ☐ 2 cups wide rice noodles hot cooked
- ☐ 0.3 cup rice vinegar
- ☐ 1 tablespoon vegetable oil
- ☐ 2.3 cups water

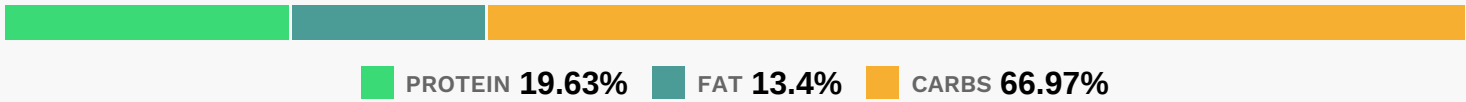
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients, stirring with a whisk; set aside.
- ☐ Heat vegetable oil in a large Dutch oven over medium-high heat; add beef, browning on all sides.
- ☐ Add broth mixture, green onions, garlic, and ginger; bring to a boil.
- ☐ Cover, reduce heat, and simmer for 1 hour and 30 minutes or until beef is tender. Stir in bok choy and carrot, and cook 5 minutes or until tender.
- ☐ Serve beef mixture over noodles.

Nutrition Facts



Properties

Glycemic Index:59.21, Glycemic Load:58.1, Inflammation Score:-10, Nutrition Score:32.523043632507%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 697.35kcal (34.87%), Fat: 10.1g (15.54%), Saturated Fat: 2.72g (17%), Carbohydrates: 113.66g (37.89%), Net Carbohydrates: 109.02g (39.64%), Sugar: 9.37g (10.41%), Cholesterol: 70.31mg (23.44%), Sodium: 1281.03mg (55.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.31g (66.63%), Vitamin A: 9894.68IU (197.89%), Vitamin K: 94.61µg (90.11%), Selenium: 50.4µg (72%), Phosphorus: 509.72mg (50.97%), Vitamin B6: 0.96mg (48.13%), Vitamin B3: 9.35mg (46.73%), Manganese: 0.92mg (46.25%), Zinc: 6.09mg (40.63%), Vitamin B12: 2.13µg (35.49%), Vitamin C: 24.72mg (29.96%), Iron: 4.49mg (24.94%), Potassium: 863.35mg (24.67%), Folate: 80.91µg (20.23%), Vitamin B2: 0.34mg (20.02%), Magnesium: 78.19mg (19.55%), Fiber: 4.64g (18.56%), Copper: 0.3mg (14.89%), Vitamin B1: 0.22mg (14.4%), Calcium: 139.94mg (13.99%), Vitamin B5: 0.83mg (8.31%), Vitamin E: 1.23mg (8.2%)