



Beef-and-Brussels Sprouts Stir-fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 12 ounces brussels sprouts fresh trimmed halved
- ☐ 4 servings rice hot cooked
- ☐ 0.5 teaspoon cornstarch
- ☐ 0.5 pound flank steak
- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 garlic clove thinly sliced

- ☐ 1 tablespoon brown sugar light
- ☐ 2 teaspoons juice of lime fresh
- ☐ 2 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1 serrano chiles red sliced
- ☐ 2 tablespoons soya sauce

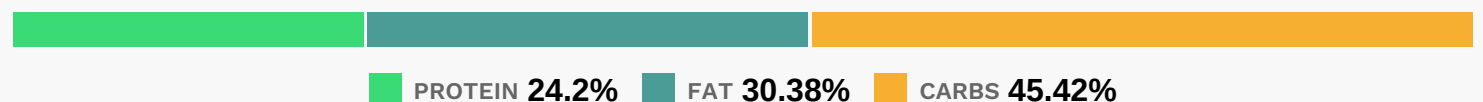
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut steak diagonally across the grain into thin strips.
- ☐ Sprinkle with salt and pepper.
- ☐ Stir-fry steak, in 2 batches, in 1 Tbsp. hot oil in a large cast-iron or stainless-steel skillet over high heat 2 to 3 minutes or until meat is no longer pink.
- ☐ Transfer to a plate, and wipe skillet clean.
- ☐ Whisk together beef broth and next 4 ingredients in a small bowl until smooth.
- ☐ Stir-fry Brussels sprouts in remaining 1 Tbsp. hot oil over high heat 2 minutes or until lightly browned.
- ☐ Add jalapeo pepper, ginger, and garlic, and stir-fry 1 minute.
- ☐ Pour soy sauce mixture over Brussels sprouts, and bring mixture to a boil. Cook, stirring often, 3 to 4 minutes or until sprouts are tender. Stir in mint and steak.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:25.57, Inflammation Score:-7, Nutrition Score:23.23130435529%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 305.55kcal (15.28%), Fat: 10.44g (16.07%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 31.13g (11.32%), Sugar: 5.12g (5.69%), Cholesterol: 34.02mg (11.34%), Sodium: 814.21mg (35.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.72g (37.44%), Vitamin K: 151.59µg (144.37%), Vitamin C: 75.16mg (91.11%), Manganese: 0.79mg (39.47%), Selenium: 24.57µg (35.11%), Vitamin B6: 0.66mg (32.94%), Vitamin B3: 5.17mg (25.86%), Phosphorus: 228.93mg (22.89%), Zinc: 3.02mg (20.12%), Potassium: 628.75mg (17.96%), Folate: 67.92µg (16.98%), Fiber: 3.99g (15.98%), Vitamin A: 776.52IU (15.53%), Iron: 2.71mg (15.07%), Vitamin E: 2.07mg (13.77%), Vitamin B1: 0.19mg (12.53%), Magnesium: 50.01mg (12.5%), Vitamin B2: 0.18mg (10.79%), Vitamin B5: 1mg (10.01%), Copper: 0.19mg (9.52%), Vitamin B12: 0.54µg (8.95%), Calcium: 72.33mg (7.23%)