



Beef and Garlic



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup beef broth
- ☐ 3 cups bok choy sliced
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon oyster sauce
- ☐ 0.1 teaspoon pepper
- ☐ 1 pound boned sirloin steak cut into 1/4-inch strips

☐ 1 cup tomatoes diced

Equipment

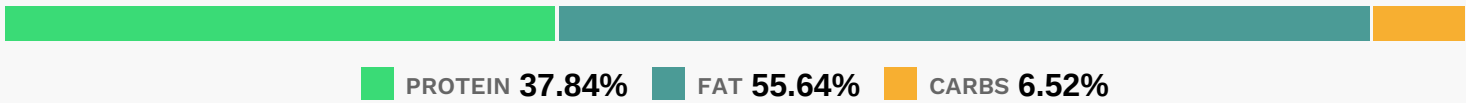
☐ bowl

☐ frying pan

Directions

- ☐ Combine beef and garlic in a bowl; chill 10 minutes.
- ☐ Place a large nonstick skillet coated with cooking spray over medium–high heat until hot.
- ☐ Add beef mixture, saut 5 minutes or until beef is done.
- ☐ Remove beef from pan; keep warm.
- ☐ Combine bok choy and green onions in skillet; saut for 2 minutes.
- ☐ Add remaining ingredients; simmer 3 minutes or until slightly thick.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:19.344347860502%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 279.08kcal (13.95%), Fat: 17.09g (26.3%), Saturated Fat: 6.87g (42.95%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 3.25g (1.18%), Sugar: 1.81g (2.01%), Cholesterol: 63.5mg (21.17%), Sodium: 727.61mg (31.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.31%), Vitamin A: 2718.71IU (54.37%), Vitamin B12: 3.18µg (53.08%), Vitamin K: 39.88µg (37.98%), Vitamin C: 30.14mg (36.54%), Vitamin B6: 0.6mg (29.89%), Selenium: 19.52µg (27.88%), Zinc: 4.02mg (26.77%), Phosphorus: 252.75mg (25.27%), Vitamin B3: 5mg (24.99%), Potassium: 647.54mg (18.5%), Iron: 3.12mg (17.31%), Vitamin B2: 0.29mg (17.2%), Folate: 57.43µg (14.36%),

Magnesium: 47.16mg (11.79%), Manganese: 0.23mg (11.32%), Vitamin B1: 0.16mg (10.59%), Calcium: 78.03mg (7.8%),
Copper: 0.14mg (7.17%), Fiber: 1.26g (5.05%), Vitamin B5: 0.48mg (4.84%), Vitamin E: 0.33mg (2.22%)