



Beef-and-Green Onion Stir-fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 3 tablespoons cornstarch divided
- ☐ 1.5 bunches green onions
- ☐ 1 medium size bell pepper red thinly sliced
- ☐ 0.3 tsp pepper flakes red crushed
- ☐ 2 tablespoons rice wine vinegar
- ☐ 3 tablespoons lite soy sauce
- ☐ 1 pound top round steak

☐ 2 tablespoons vegetable oil

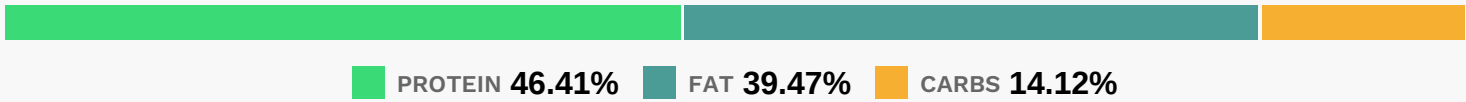
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Thoroughly wash green onions.
- ☐ Remove root ends and tips of onions; cut into 2-inch pieces.
- ☐ Place pieces in a large bowl.
- ☐ Cut steak across the grain into thin slices, and add to green onions in bowl.
- ☐ Sprinkle with 2 Tbsp. cornstarch and soy sauce, tossing to coat.
- ☐ Saut beef mixture and red bell pepper, in 2 batches, in hot vegetable oil and, if desired, sesame oil in a large nonstick skillet over medium-high heat 3 minutes or until beef is done and bell pepper is crisp-tender.
- ☐ Whisk together beef broth, vinegar, red pepper flakes, and remaining 1 Tbsp. cornstarch.
- ☐ Add to beef mixture in skillet, and bring to a boil. Cook 1 minute or until thickened. Top with peanuts, if desired.
- ☐ *1 lb. skinned and boned chicken breasts may be substituted.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.61, Inflammation Score:-7, Nutrition Score:19.776086890179%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 253.96kcal (12.7%), Fat: 10.89g (16.76%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.71g (2.8%), Sugar: 1.7g (1.89%), Cholesterol: 69.17mg (23.06%), Sodium: 1055.26mg (45.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.82g (57.65%), Selenium: 37.02µg (52.88%), Vitamin C: 39.77mg (48.21%), Vitamin B3: 9.15mg (45.78%), Vitamin B6: 0.9mg (44.88%), Zinc: 5.36mg (35.73%), Vitamin K: 34.09µg (32.46%), Phosphorus: 291.9mg (29.19%), Vitamin B12: 1.57µg (26.21%), Vitamin A: 1058.26IU (21.17%), Iron: 2.97mg (16.51%), Potassium: 574.38mg (16.41%), Vitamin B2: 0.23mg (13.73%), Magnesium: 40.77mg (10.19%), Folate: 38.99µg (9.75%), Vitamin E: 1.45mg (9.68%), Vitamin B5: 0.93mg (9.35%), Vitamin B1: 0.14mg (9.21%), Copper: 0.16mg (7.84%), Manganese: 0.15mg (7.33%), Fiber: 1.06g (4.26%), Calcium: 40.82mg (4.08%)