



Beef and Kimchi Stir-fry



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 250 g beef very thin cut into slices (I used rib-eye)
- ☐ 1 tsp brown sugar
- ☐ 3 cloves garlic finely chopped
- ☐ 1 tsp ginger grated
- ☐ 1 Tbs kimchi juice
- ☐ 1 cup kimchi coarsely chopped
- ☐ 1 tsp soya sauce light
- ☐ 1 tsp sesame oil

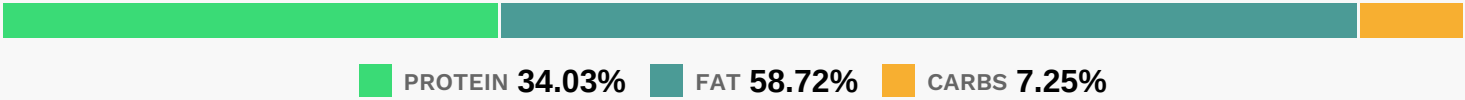
Equipment

Directions

☐

Mix together beef and all ingredients for marinade and marinate for at least 30 mins.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:15.220000167256%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 307.35kcal (15.37%), Fat: 20.26g (31.16%), Saturated Fat: 8.23g (51.43%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 4.56g (1.66%), Sugar: 3g (3.33%), Cholesterol: 76.25mg (25.42%), Sodium: 520.57mg (22.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.82%), Selenium: 31.48µg (44.98%), Zinc: 6.61mg (44.06%), Vitamin B3: 6.92mg (34.59%), Vitamin B12: 2.08µg (34.58%), Vitamin B6: 0.69mg (34.33%), Vitamin K: 27.33µg (26.03%), Vitamin B2: 0.43mg (25.33%), Iron: 3.76mg (20.9%), Phosphorus: 205.51mg (20.55%), Potassium: 460.08mg (13.15%), Magnesium: 37.57mg (9.39%), Folate: 34.45µg (8.61%), Vitamin B1: 0.13mg (8.56%), Copper: 0.13mg (6.64%), Manganese: 0.1mg (4.95%), Fiber: 1.07g (4.29%), Calcium: 38.56mg (3.86%), Vitamin C: 1.52mg (1.84%), Vitamin A: 72.71IU (1.45%)