



Beef and Mushroom Stir-Fry

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon cornstarch
- 3 cloves garlic thinly sliced
- 0.5 juice of lemon
- 4 servings kosher salt and pepper freshly ground
- 2 teaspoons brown sugar light packed
- 4 ounces mushrooms mixed sliced
- 3 tablespoons olive oil extra-virgin

- 0.5 small onion red cut into thin wedges
- 1 pound rump steak boneless sliced
- 3 teaspoons soya sauce
- 1 bunch swiss chard shredded cut into 1/2-inch pieces, leaves

Equipment

- bowl
- frying pan

Directions

- Toss the beef with 1 tablespoon each cornstarch and vinegar and 2 teaspoons soy sauce in a medium bowl. In another bowl, stir the brown sugar, the remaining 2 teaspoons each cornstarch and vinegar, the remaining 1 teaspoon soy sauce, and 1/3 cup water until dissolved.
- Heat 1 tablespoon olive oil in a large nonstick skillet over high heat.
- Add the beef and cook, stirring occasionally, until just cooked through, 2 to 3 minutes.
- Transfer to a bowl and wipe out the skillet.
- Heat the remaining 2 tablespoons olive oil in the skillet over high heat.
- Add the garlic and red onion and stir-fry 2 minutes.
- Add the mushrooms, chard stems, 1/4 teaspoon salt, and pepper to taste and stir-fry until the vegetables are just tender, 4 minutes.
- Add the chard leaves and stir-fry until wilted. Stir the brown sugar mixture and add to the skillet along with the beef, stirring, until thickened, 1 minute.
- Add the lemon juice and season with salt and pepper.
- Serve with rice.
- Per serving: Calories 300; Fat 15 g (Saturated 3 g); Cholesterol 41 mg; Sodium 561 mg; Carbohydrate 13 g; Fiber 2 g; Protein 28 g
- Photograph by Andrew Purcell

Nutrition Facts



■ PROTEIN 26.24% ■ FAT 62.05% ■ CARBS 11.71%

Properties

Glycemic Index:46.5, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:26.534782668819%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 399.57kcal (19.98%), Fat: 27.63g (42.51%), Saturated Fat: 8.3g (51.85%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 9.48g (3.45%), Sugar: 4.81g (5.35%), Cholesterol: 63.5mg (21.17%), Sodium: 671.54mg (29.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.58%), Vitamin K: 628.91µg (598.97%), Vitamin A: 4587.7IU (91.75%), Vitamin B12: 3.15µg (52.54%), Vitamin B6: 0.64mg (32.21%), Vitamin C: 25.67mg (31.12%), Selenium: 21.51µg (30.73%), Zinc: 4.36mg (29.05%), Vitamin B3: 5.73mg (28.65%), Phosphorus: 278.24mg (27.82%), Magnesium: 93.79mg (23.45%), Iron: 4.04mg (22.42%), Manganese: 0.44mg (22.04%), Potassium: 770.68mg (22.02%), Vitamin B2: 0.35mg (20.4%), Vitamin E: 2.94mg (19.6%), Copper: 0.29mg (14.3%), Vitamin B1: 0.16mg (10.8%), Vitamin B5: 0.96mg (9.61%), Fiber: 2.26g (9.02%), Folate: 25.25µg (6.31%), Calcium: 56.99mg (5.7%)