



 **74%**
HEALTH SCORE

Beef and Sugar Snap Stir-Fry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bottled ginger minced
- 0.5 cup matchstick-cut carrot
- 0.3 teaspoon pepper red crushed
- 1 pound flank steak trimmed thinly sliced
- 0.5 teaspoon garlic minced
- 0.3 cup green onions chopped
- 2 teaspoons hoisin sauce
- 2 tablespoons soya sauce low-sodium divided

- 1 cup onion chopped
- 1 cup bell pepper red chopped
- 3 tablespoons rice vinegar divided
- 0.3 teaspoon salt
- 2 teaspoons sesame oil divided toasted
- 2 teaspoons sugar
- 8 ounce sugar snap peas fresh

Equipment

- bowl
- frying pan
- whisk

Directions

- Combine 1 tablespoon vinegar, 1 tablespoon soy sauce, and beef in a large bowl.
- Combine remaining 2 tablespoons vinegar, remaining 1 tablespoon soy sauce, sugar, hoisin, salt, and crushed red pepper in a small bowl; stir with a whisk.
- Heat a large nonstick skillet over medium-high heat.
- Add 1 teaspoon oil to pan; swirl to coat.
- Add beef mixture to pan; stir-fry 2 minutes or until done.
- Place beef mixture in a bowl.
- Heat remaining 1 teaspoon oil in pan over medium-high heat.
- Add onion to pan; saut 1 minute.
- Add ginger and garlic; saut 15 seconds. Stir in bell pepper, carrot, and peas; saut 3 minutes.
- Add vinegar mixture and beef mixture to pan; cook 2 minutes or until thoroughly heated.
- Remove from heat; stir in green onions.
- Steamed rice with green onions: Cook 1 cup white rice according to package directions, omitting salt and fat.

Remove from heat; stir in 3/4 cup chopped green onions and 1 teaspoon toasted sesame seeds.

Nutrition Facts



PROTEIN 44.74% **FAT 29.33%** **CARBS 25.93%**

Properties

Glycemic Index:75.73, Glycemic Load:3.39, Inflammation Score:-10, Nutrition Score:27.059565108755%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg

Nutrients (% of daily need)

Calories: 252.49kcal (12.62%), Fat: 8.12g (12.49%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 12.35g (4.49%), Sugar: 9.1g (10.11%), Cholesterol: 68.1mg (22.7%), Sodium: 546.11mg (23.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.7%), Vitamin C: 87.36mg (105.89%), Vitamin A: 4576.68IU (91.53%), Vitamin B6: 0.98mg (49.18%), Selenium: 34.39µg (49.13%), Vitamin B3: 8.15mg (40.77%), Vitamin K: 37.3µg (35.53%), Zinc: 4.81mg (32.09%), Phosphorus: 304.98mg (30.5%), Potassium: 751.26mg (21.46%), Iron: 3.51mg (19.5%), Folate: 75.83µg (18.96%), Vitamin B12: 1.03µg (17.2%), Manganese: 0.34mg (16.88%), Vitamin B2: 0.26mg (15.3%), Fiber: 3.79g (15.16%), Vitamin B1: 0.22mg (15%), Magnesium: 57.55mg (14.39%), Vitamin B5: 1.39mg (13.9%), Vitamin E: 1.42mg (9.44%), Copper: 0.18mg (8.81%), Calcium: 76.44mg (7.64%)