



Beef-and-Watermelon Stir-fry



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil divided
- ☐ 2 cups rice hot cooked
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 teaspoon ginger fresh grated
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons hoisin sauce

- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1.5 teaspoons sesame oil
- ☐ 2 teaspoons lite soy sauce
- ☐ 1 pound sirloin strip steak cut into thin strips
- ☐ 12 ounces sugar snap peas fresh
- ☐ 1 medium size onion sweet halved sliced
- ☐ 2 tablespoons water hot
- ☐ 2 teaspoons water cold
- ☐ 16 ounces watermelon cut into sticks (2 cups)

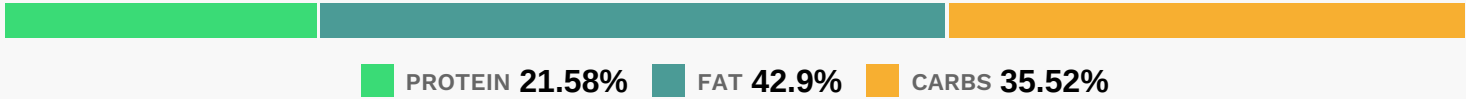
Equipment

- ☐ frying pan

Directions

- ☐ Toss together first 6 ingredients and 1 Tbsp. wine.
- ☐ Let stand 30 minutes. Meanwhile, stir together hot water, hoisin, and remaining 1 Tbsp. wine.
- ☐ Remove beef from marinade, discarding marinade.
- ☐ Sprinkle with salt and black pepper; cook half of beef in 1 1/2 tsp. hot canola oil in a large skillet over high heat, without stirring, 45 seconds or until browned; turn beef, and cook 30 seconds or until browned.
- ☐ Transfer to a warm plate. Repeat with remaining 1 1/2 tsp. oil and beef.
- ☐ Stir-fry onion in remaining 1 Tbsp. hot canola oil in skillet over medium-high heat 2 minutes or until tender.
- ☐ Add sugar snap peas, ginger, and crushed red pepper; stir-fry 2 minutes.
- ☐ Add beef and hoisin mixture; stir-fry 1 minute or until slightly thickened.
- ☐ Remove from heat. Stir in watermelon.
- ☐ Add salt, black pepper, and red pepper to taste.
- ☐ Serve immediately with hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:20.18, Inflammation Score:-8, Nutrition Score:17.602608680725%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 375.01kcal (18.75%), Fat: 17.68g (27.2%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 30.14g (10.96%), Sugar: 11.32g (12.58%), Cholesterol: 60.64mg (20.21%), Sodium: 636.68mg (27.68%), Alcohol: 0.51g (100%), Alcohol %: 0.19% (100%), Protein: 20.01g (40.01%), Vitamin C: 43.3mg (52.48%), Vitamin B6: 0.71mg (35.43%), Selenium: 23.08µg (32.98%), Manganese: 0.55mg (27.25%), Vitamin B3: 5.1mg (25.5%), Phosphorus: 227.57mg (22.76%), Vitamin A: 1097.81IU (21.96%), Zinc: 3.23mg (21.52%), Vitamin K: 19.53µg (18.6%), Iron: 2.91mg (16.19%), Potassium: 545.87mg (15.6%), Vitamin B1: 0.2mg (13.63%), Vitamin B5: 1.32mg (13.19%), Magnesium: 52.06mg (13.01%), Folate: 50.46µg (12.61%), Vitamin B12: 0.74µg (12.35%), Fiber: 2.79g (11.17%), Copper: 0.22mg (10.9%), Vitamin B2: 0.18mg (10.75%), Vitamin E: 1.49mg (9.94%), Calcium: 70.43mg (7.04%)