



## Beef Fried Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



588 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 3 tablespoons cooking oil
- 1 eggs beaten
- 4 servings red-pepper flakes dried
- 1.5 cups rice long-grain
- 2 scallions including tops green chopped
- 2 teaspoons asian sesame oil
- 0.8 pound rump steak cut into 1/2-inch cubes
- 3 tablespoons soya sauce

- 5 ounces watercress

## Equipment

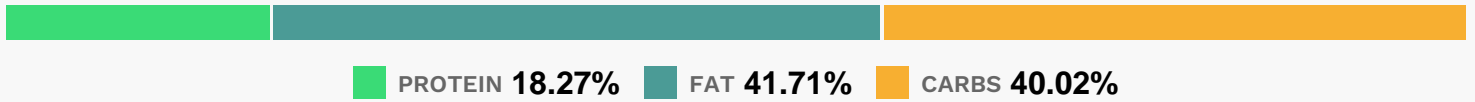
- bowl
- frying pan
- pot

## Directions

- In a medium bowl, combine the sirloin with 1 tablespoon of the soy sauce, 1 teaspoon of the sesame oil, and a pinch of red-pepper flakes. Bring a medium pot of salted water to a boil. Stir in the rice and boil until just done, about 10 minutes.
- Drain the rice and return it to the pot.
- Meanwhile, heat a large nonstick frying pan over moderately high heat.
- Put the beef mixture in the pan and cook, stirring occasionally, until browned and just cooked, 1 to 2 minutes.
- Remove.
- Put the watercress and the teaspoon of soy sauce in the pan and cook until the watercress is just wilted, about 30 seconds.
- Remove.
- Reduce the heat to moderate. Put a few drops of sesame oil in the frying pan.
- Add the egg to the pan and cook until just done, about 30 seconds.
- Remove from the pan and cut into thin strips.
- Heat the cooking oil in the pan over moderately high heat.
- Add the scallions and 1/8 teaspoon red-pepper flakes and cook, stirring, for 1 minute.
- Add the cooked rice to the pan and heat, stirring, for 3 minutes.
- Add the remaining 2 tablespoons soy sauce, the beef, watercress, and egg.
- Heat, stirring, 1 to 2 minutes longer.
- Drizzle the remaining teaspoon of sesame oil over the top.
- Wine Recommendation: A California merlot, with its plum flavor and undercurrents of chocolate and herbs, makes a rich accompaniment to the beefy rice. As always with California

wines, try to find one that is lightly oaked; a heavy oak taste tends to overwhelm food.

## Nutrition Facts



### Properties

Glycemic Index:35.05, Glycemic Load:33.66, Inflammation Score:-8, Nutrition Score:23.910434878391%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 8.24mg, Kaempferol: 8.24mg, Kaempferol: 8.24mg, Kaempferol: 8.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg

### Nutrients (% of daily need)

Calories: 587.81kcal (29.39%), Fat: 26.95g (41.47%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 58.19g (19.4%), Net Carbohydrates: 56.15g (20.42%), Sugar: 0.71g (0.79%), Cholesterol: 88.55mg (29.52%), Sodium: 867.41mg (37.71%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 26.57g (53.13%), Vitamin K: 110.99µg (105.7%), Manganese: 0.97mg (48.32%), Selenium: 28.76µg (41.08%), Vitamin B12: 2.46µg (41.04%), Vitamin A: 1843.01IU (36.86%), Phosphorus: 296.58mg (29.66%), Vitamin B6: 0.57mg (28.7%), Zinc: 3.89mg (25.96%), Vitamin B3: 5.07mg (25.37%), Vitamin E: 3.21mg (21.38%), Vitamin C: 16.38mg (19.85%), Vitamin B2: 0.32mg (19.06%), Iron: 3.28mg (18.24%), Potassium: 558.88mg (15.97%), Copper: 0.3mg (14.91%), Vitamin B5: 1.32mg (13.19%), Magnesium: 52.7mg (13.17%), Vitamin B1: 0.19mg (12.41%), Calcium: 86.83mg (8.68%), Fiber: 2.04g (8.16%), Folate: 25.84µg (6.46%), Vitamin D: 0.22µg (1.47%)