



Beef Fried Rice

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

READY IN



14 min.

SERVINGS



2

CALORIES



3156 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup bean sprouts
- 0.5 cup beef crispy with broccoli leftover
- 1.3 pounds beef chuck steak
- 2 servings pepper black freshly ground
- 1 head broccoli sliced into 1/4-inch rounds cut into florets, stems
- 0.5 cup canola oil
- 2 tablespoons canola oil divided
- 0.3 cup cornstarch

- 2 egg yolks
- 1 tablespoon garlic chopped
- 1 tablespoon ginger peeled chopped
- 0.5 cup orange juice
- 0.8 cup orange marmalade
- 2 cups rice from orange beef crispy with broccoli leftover cooked
- 1 scallion thinly sliced
- 2 tablespoons soya sauce
- 3 tablespoons soya sauce
- 3 cups rice white
- 2 tablespoons vinegar white

Equipment

- bowl
- frying pan
- paper towels
- whisk
- stove
- wok

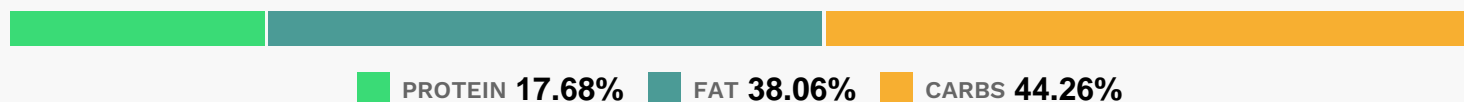
Directions

- Watch how to make this recipe.
- In a large wok or skillet over medium heat add 1 tablespoon of canola oil.
- Whisk the egg yolks in a small bowl and pour them into the hot pan. Cook until set, about 1 minute.
- Remove them from the pan to a plate and set aside.
- Return the pan to the stove over high heat and add the remaining 1 tablespoon of oil.
- Add the broccoli and bean sprouts, and stir-fry until heated through, about 1 minute. Stir in the beef, rice and soy sauce. Season with pepper, to taste, and add the cooked egg. Toss and

cook the mixture until hot, about 2 minutes.

- Transfer to serving dishes and garnish with sliced scallions.
- Cook the white rice according to package directions. Reserve 2 cups cooked rice for the online round 2 recipe, Beef Fried Rice.
- Thinly slice the chuck steak, about 1/4-inch thick, across the grain.
- Cut the slices into 3-inch long strips.
- Heat the oil in a wok or large skillet over high heat. Toss the beef in the cornstarch and shake off excess. Fry the beef in 2 batches in the hot oil, turning once, until crispy and golden, about 2 minutes on each side.
- Remove the beef from the pan and set aside on paper towel lined plate. Carefully drain the oil from the wok or skillet.
- In a medium bowl add the marmalade, garlic, vinegar, ginger, soy sauce and orange juice and whisk until well combined.
- Add to the wok, over high heat, and cook for 2 minutes. Stir in the broccoli, reserving about 1 1/2 cups for round 2 recipe, Wonton Soup and online round 2 recipe, Beef Fried Rice. Cook the broccoli until slightly tender and the sauce is thick, about 3 to 5 minutes. Stir in the beef, then transfer to a serving platter.
- Serve immediately with the white rice.

Nutrition Facts



Properties

Glycemic Index:167.09, Glycemic Load:141.64, Inflammation Score:-10, Nutrition Score:77.178695429926%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Kaempferol: 24.01mg, Kaempferol: 24.01mg, Kaempferol: 24.01mg, Kaempferol: 24.01mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 10.81mg, Quercetin: 10.81mg, Quercetin: 10.81mg, Quercetin: 10.81mg

Nutrients (% of daily need)

Calories: 3156.36kcal (157.82%), Fat: 133.69g (205.67%), Saturated Fat: 44.88g (280.52%), Carbohydrates: 349.81g (116.6%), Net Carbohydrates: 336.03g (122.19%), Sugar: 84.89g (94.33%), Cholesterol: 586.86mg (195.62%), Sodium: 3091mg (134.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 139.77g (279.54%), Vitamin C: 313.91mg (380.5%), Vitamin K: 359.06µg (341.96%), Zinc: 37.78mg (251.87%), Vitamin B12: 13.85µg (230.9%), Selenium: 160.08µg (228.68%), Manganese: 4.14mg (207.09%), Vitamin B6: 3.33mg (166.32%), Phosphorus: 1656.26mg (165.63%), Vitamin B3: 33.05mg (165.27%), Iron: 18.33mg (101.85%), Potassium: 3380.11mg (96.57%), Vitamin B2: 1.57mg (92.24%), Vitamin B5: 8.81mg (88.06%), Folate: 325.91µg (81.48%), Copper: 1.39mg (69.72%), Magnesium: 275.82mg (68.96%), Vitamin E: 9.27mg (61.8%), Vitamin B1: 0.91mg (60.42%), Fiber: 13.78g (55.13%), Vitamin A: 2460.59IU (49.21%), Calcium: 412.76mg (41.28%), Vitamin D: 1.54µg (10.24%)