



Beef Kelaguen

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

READY IN



80 min.

SERVINGS



8

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds flank steak very thinly sliced
- 1 bunch spring onion thinly sliced
- 1.5 cups juice of lemon
- 2 tablespoons soya sauce
- 8 servings all the tabasco sauce you handle to taste

Equipment

- bowl
- plastic wrap

Directions

- Pour lemon juice, soy sauce, and Tabasco in a large, glass bowl. Stir in the green onions and beef.
- Add additional lemon juice if needed to cover the beef.
- Cover the bowl with plastic wrap, and allow to rest at room temperature for one hour, until the meat turns a grayish-brown color and appears cooked.

Nutrition Facts

PROTEIN 60% **FAT 31.28%** **CARBS 8.72%**

Properties

Glycemic Index:5.88, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:12.85565218459%

Flavonoids

Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 169.09kcal (8.45%), Fat: 5.79g (8.91%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.3g (1.45%), Cholesterol: 68.04mg (22.68%), Sodium: 315.05mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.98%), Selenium: 33.55µg (47.93%), Vitamin B3: 7.3mg (36.48%), Vitamin B6: 0.72mg (35.9%), Zinc: 4.4mg (29.31%), Phosphorus: 239.7mg (23.97%), Vitamin C: 18.34mg (22.24%), Vitamin B12: 1.03µg (17.2%), Potassium: 451.77mg (12.91%), Iron: 1.93mg (10.75%), Vitamin B2: 0.15mg (8.62%), Vitamin B5: 0.79mg (7.94%), Magnesium: 30.1mg (7.52%), Vitamin K: 7.57µg (7.21%), Folate: 26.63µg (6.66%), Vitamin B1: 0.1mg (6.46%), Copper: 0.1mg (4.93%), Calcium: 29.63mg (2.96%), Vitamin E: 0.41mg (2.76%), Manganese: 0.05mg (2.26%), Fiber: 0.25g (1.01%)