



Beef, Pineapple, and Red Onion Stir-Fry with Ginger Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound beef flank steak lean
- 2 tablespoons bottled ginger fresh minced peeled chopped
- 4 cups rice hot cooked (without salt or fat)
- 1 tablespoon cooking sherry dry
- 2 garlic cloves minced
- 0.3 cup green onions diagonally sliced
- 1 cup green onions finely chopped

- 2 tablespoons soya sauce low-sodium
- 0.3 teaspoon pepper
- 20 ounce pineapple chunks unsweetened undrained canned
- 1 medium size onion red cut into thin wedges
- 1 tablespoon rice vinegar
- 2 teaspoons vegetable oil

Equipment

- bowl
- frying pan
- wok

Directions

- Cut steak in half lengthwise (with the grain).
- Cut steak across grain into 1/8-inch-thick slices.
- Combine steak, sherry, and pepper in a bowl; toss well.
- Drain pineapple chunks, reserving pineapple and 1/2 cup juice.
- Combine juice, soy sauce, and vinegar.
- Heat oil in a large nonstick skillet or wok over high heat.
- Add steak; stir-fry 3 minutes or until browned.
- Remove steak from skillet; drain well.
- Add onion, ginger, garlic, and 1 cup green onions to skillet; stir-fry 3 minutes or until lightly browned.
- Add pineapple; stir-fry 1 minute or until lightly browned. Return steak to skillet; add juice mixture. Stir-fry 2 minutes or until thoroughly heated.
- Serve over rice. Top with sliced green onions.

Nutrition Facts

 PROTEIN 21.72%  FAT 14.2%  CARBS 64.08%

Properties

Glycemic Index:85.5, Glycemic Load:49.21, Inflammation Score:-7, Nutrition Score:22.302608655847%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 464.76kcal (23.24%), Fat: 7.28g (11.2%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 73.88g (24.63%), Net Carbohydrates: 69.86g (25.4%), Sugar: 22.41g (24.9%), Cholesterol: 51.03mg (17.01%), Sodium: 343.7mg (14.94%), Alcohol: 0.39g (100%), Alcohol %: 0.1% (100%), Protein: 25.04g (50.09%), Vitamin K: 71.2µg (67.81%), Selenium: 38.17µg (54.52%), Manganese: 0.94mg (46.96%), Vitamin B6: 0.87mg (43.27%), Vitamin B3: 6.69mg (33.45%), Zinc: 4.45mg (29.7%), Phosphorus: 288.36mg (28.84%), Vitamin C: 22.08mg (26.76%), Potassium: 717.19mg (20.49%), Magnesium: 77.68mg (19.42%), Copper: 0.39mg (19.34%), Vitamin B1: 0.28mg (18.38%), Fiber: 4.02g (16.1%), Iron: 2.75mg (15.25%), Folate: 52.56µg (13.14%), Vitamin B12: 0.77µg (12.9%), Vitamin B5: 1.26mg (12.62%), Vitamin B2: 0.2mg (12.04%), Calcium: 92.61mg (9.26%), Vitamin A: 383.81IU (7.68%), Vitamin E: 0.75mg (5.03%)