



 **66%**
HEALTH SCORE

Beef, Shiitake, and Snow Pea Stir-Fry

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

READY IN



30 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon five spice powder chinese
- 2 teaspoons sriracha
- 1 cup cilantro leaves fresh divided
- 1 tablespoon ginger fresh minced peeled
- 12 ounces mushroom caps fresh stemmed sliced
- 1 bunch spring onion divided sliced
- 5 tablespoons hoisin sauce
- 1 tablespoon sesame oil

- 8 ounces snow peas
- 1 pound beef top sirloin steaks cut into 2-inch-long, 1/4-inch-thick slices

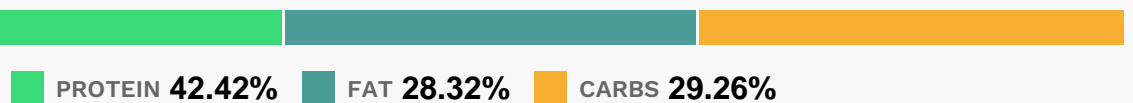
Equipment

- bowl
- frying pan

Directions

- Sprinkle beef with salt and pepper.
- Heat oil in large nonstick skillet over medium-high heat.
- Add ginger and mushrooms; stir-fry until mushrooms are tender, about 3 minutes.
- Add beef to skillet; stir-fry until beef browns but is still pink in center, about 1 minute.
- Add snow peas, half of green onions, and half of cilantro; stir-fry 1 minute. Stir in hoisin, chili-garlic sauce, and five-spice powder; sauté until peas are crisp-tender, 1 to 2 minutes. Season with salt and pepper.
- Transfer to bowl.
- Sprinkle with remaining green onions and cilantro.
- Per serving: 331 calories, 14 g fat, 5 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 29, Glycemic Load: 1.32, Inflammation Score: -8, Nutrition Score: 24.889130239901%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 279.67kcal (13.98%), Fat: 8.81g (13.55%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 15.88g (5.77%), Sugar: 10.39g (11.54%), Cholesterol: 67.5mg (22.5%), Sodium: 523.32mg (22.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.68g (59.36%), Selenium: 40.63µg (58.04%), Vitamin B3: 11.3mg (56.52%), Vitamin B6: 1.08mg (53.92%), Vitamin C: 36.45mg (44.18%), Vitamin K: 40.82µg (38.88%), Zinc: 5.69mg (37.94%), Phosphorus: 378.01mg (37.8%), Vitamin B5: 2.49mg (24.89%), Vitamin B2: 0.42mg (24.82%), Potassium: 848.84mg (24.25%), Manganese: 0.43mg (21.68%), Iron: 3.82mg (21.21%), Vitamin A: 948.04IU (18.96%), Fiber: 4.6g (18.4%), Vitamin B12: 1.07µg (17.77%), Magnesium: 64.92mg (16.23%), Folate: 60.75µg (15.19%), Copper: 0.3mg (14.93%), Vitamin B1: 0.19mg (12.73%), Calcium: 66.32mg (6.63%), Vitamin E: 0.78mg (5.21%), Vitamin D: 0.34µg (2.27%)