



Beef Suki-yaki



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup no-salt-added beef broth undiluted canned
- ☐ 0.3 pound beef sirloin steak boneless lean
- ☐ 0.5 cup carrots sliced
- ☐ 0.3 cup celery sliced
- ☐ 2 cups rice long-grain cooked without salt or fat
- ☐ 2 teaspoons cooking sherry dry
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 0.5 cup green onions sliced

- ☐ 1.5 teaspoons soya sauce low-sodium
- ☐ 0.5 cup onion separated thinly sliced
- ☐ 1 teaspoon vegetable oil; peanut oil preferred
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar

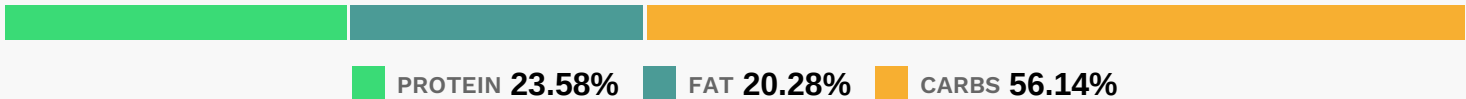
Equipment

- ☐ frying pan

Directions

- ☐ Partially freeze steak; trim fat from steak. Slice steak diagonally across grain into 1/4-inch-wide strips. Coat a nonstick skillet with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add onion rings and carrot; saute 3 minutes or until vegetables are crisp-tender.
- ☐ Add steak, mushrooms, and celery; saute 3 minutes.
- ☐ Combine beef broth and next 4 ingredients, stirring well.
- ☐ Add broth mixture and green onions to skillet; cook, uncovered, 5 minutes or until liquid is absorbed. Spoon over rice.

Nutrition Facts



Properties

Glycemic Index:181.96, Glycemic Load:50.99, Inflammation Score:-10, Nutrition Score:24.977826172891%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg

Nutrients (% of daily need)

Calories: 405.28kcal (20.26%), Fat: 8.94g (13.75%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 55.68g (18.56%), Net Carbohydrates: 52.35g (19.04%), Sugar: 5.58g (6.2%), Cholesterol: 48.71mg (16.24%), Sodium: 842.06mg (36.61%), Alcohol: 0.51g (100%), Alcohol %: 0.17% (100%), Protein: 23.39g (46.78%), Vitamin A: 5652.66IU (113.05%), Vitamin K: 60.49µg (57.61%), Selenium: 37.38µg (53.39%), Manganese: 0.94mg (47.09%), Vitamin B6: 0.74mg (36.76%), Vitamin B3: 6.78mg (33.9%), Zinc: 4.27mg (28.45%), Phosphorus: 283.47mg (28.35%), Vitamin C: 18.07mg (21.9%), Potassium: 697.39mg (19.93%), Vitamin B12: 1.05µg (17.42%), Vitamin B2: 0.3mg (17.41%), Vitamin B5: 1.71mg (17.08%), Copper: 0.32mg (15.88%), Magnesium: 55.44mg (13.86%), Iron: 2.47mg (13.72%), Folate: 53.53µg (13.38%), Fiber: 3.33g (13.3%), Vitamin B1: 0.16mg (10.89%), Calcium: 75.55mg (7.55%), Vitamin E: 0.94mg (6.3%)