



## Beef with Pea Pods

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

READY IN



23 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound beef top sirloin steaks boneless
- 1 tablespoon vegetable oil
- 1 garlic clove finely chopped
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 0.7 cup beef broth flavored (from 32-ounce carton)
- 1 tablespoon cornstarch
- 2 tablespoons water

- 1 tablespoon soya sauce
- 1 teaspoon ground ginger finely chopped
- 6 ounces snow peas frozen chinese thawed drained ()
- 1 serving rice hot cooked

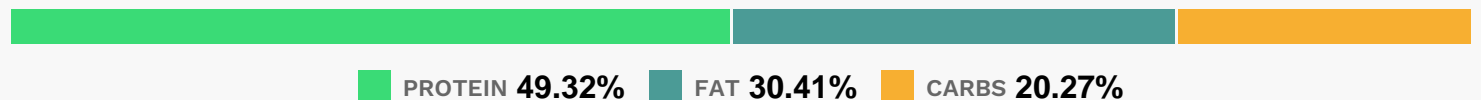
## Equipment

- frying pan
- wok

## Directions

- Trim fat from beef.
- Cut beef with grain into 2-inch strips; cut strips across grain into 1/4-inch slices.
- Heat 10-inch skillet or wok over high heat 1 to 2 minutes.
- Add oil; rotate skillet to coat with oil.
- Add beef and garlic; stir-fry about 3 minutes or until beef is brown.
- Sprinkle salt and pepper over beef; stir in broth.
- Heat to boiling.
- Mix cornstarch, water and soy sauce; stir into beef mixture. Cook, stirring constantly, until mixture thickens and boils. Continue boiling 1 minute, stirring constantly (sauce will be thin).
- Stir in gingerroot and pea pods. Cook uncovered about 2 minutes, stirring occasionally, until pea pods are crisp-tender.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:46.5, Glycemic Load:6.09, Inflammation Score:-6, Nutrition Score:17.463043275087%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 233.68kcal (11.68%), Fat: 7.68g (11.81%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 10.17g (3.7%), Sugar: 1.81g (2.01%), Cholesterol: 66.9mg (22.3%), Sodium: 611.74mg (26.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.01g (56.02%), Selenium: 37.47µg (53.52%), Vitamin B6: 0.82mg (41.21%), Vitamin B3: 8.21mg (41.07%), Zinc: 4.8mg (31.98%), Vitamin C: 25.75mg (31.21%), Phosphorus: 283.7mg (28.37%), Manganese: 0.42mg (21.22%), Vitamin B12: 1.09µg (18.23%), Vitamin K: 18.25µg (17.38%), Iron: 3.05mg (16.97%), Potassium: 538.46mg (15.38%), Vitamin B5: 1.17mg (11.7%), Vitamin B2: 0.19mg (11.16%), Magnesium: 42.76mg (10.69%), Vitamin B1: 0.16mg (10.54%), Vitamin A: 462.8IU (9.26%), Folate: 34.9µg (8.73%), Copper: 0.15mg (7.42%), Fiber: 1.34g (5.36%), Vitamin E: 0.77mg (5.14%), Calcium: 51.07mg (5.11%)