



Beef with Snow Peas

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

READY IN



16 min.

SERVINGS



8

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 1 package jasmine long-grain cooked according to directions
- 2 tablespoons cornstarch
- 8 servings bell pepper red crushed
- 1.5 pounds flank steak trimmed of fat very thin sliced
- 1 tablespoon ginger fresh minced peeled
- 0.5 cup soya sauce low-sodium
- 3 tablespoons olive oil

- 8 servings salt as needed (use sparingly!)
- 5 scallions whole cut into 1/2-inch pieces on the diagonal
- 3 tablespoons cooking sherry
- 8 ounces snow peas fresh trimmed

Equipment

- bowl
- frying pan
- tongs

Directions

- Watch how to make this recipe.
- In a bowl, mix together the soy sauce, sherry, cornstarch, brown sugar and ginger.
- Add the beef to a separate bowl and pour one-third of the liquid over the top. Save the rest of the liquid. Toss the beef and set aside.
- Heat the oil in a heavy skillet (iron is best) over high heat.
- Add the snow peas and stir for 45 seconds, getting as much color on them as possible.
- Remove to a plate.
- Allow the skillet to get very hot again. With tongs, add half the meat mixture, leaving most of the marinade still in the bowl.
- Spread out the meat as you add it to skillet, but do not stir for a good minute. (You want the meat to get as brown as possible as quickly as possible.)
- Sprinkle half the scallions over the meat. Flip the meat to the other side and cook for another 30 seconds.
- Remove to a clean plate.
- Repeat with the other half of the meat, allowing the skillet to get very hot again first. After flipping, add the first plateful of meat, the reserved liquid, the crushed red pepper and snow peas. Stir over high heat for 30 seconds, and then turn off the heat. Check the seasonings and add salt only if it needs it. The mixture will thicken as it sits.
- Serve immediately over rice.

Nutrition Facts

■ PROTEIN 39.47% ■ FAT 42.12% ■ CARBS 18.41%

Properties

Glycemic Index:15.4, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:14.959565141927%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 216.75kcal (10.84%), Fat: 9.92g (15.25%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 7.97g (2.9%), Sugar: 4.51g (5.01%), Cholesterol: 51.03mg (17.01%), Sodium: 849.28mg (36.93%), Alcohol: 0.58g (100%), Alcohol %: 0.47% (100%), Protein: 20.91g (41.81%), Selenium: 25.94µg (37.06%), Vitamin B6: 0.64mg (31.88%), Vitamin B3: 5.94mg (29.69%), Vitamin K: 28.93µg (27.55%), Zinc: 3.59mg (23.92%), Vitamin C: 18.48mg (22.4%), Phosphorus: 223.89mg (22.39%), Vitamin A: 975.93IU (19.52%), Iron: 2.65mg (14.75%), Potassium: 474.43mg (13.56%), Vitamin E: 1.99mg (13.23%), Vitamin B12: 0.77µg (12.9%), Vitamin B2: 0.18mg (10.87%), Magnesium: 42.3mg (10.57%), Manganese: 0.21mg (10.28%), Folate: 35.53µg (8.88%), Vitamin B5: 0.83mg (8.32%), Vitamin B1: 0.12mg (7.99%), Fiber: 1.78g (7.11%), Copper: 0.12mg (6.18%), Calcium: 50.22mg (5.02%)