



Beef with Sweet Potatoes and Spinach



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 4 cloves garlic minced
- ☐ 1 pound ground beef lean
- ☐ 1 teaspoon sesame seed
- ☐ 0.3 cup soya sauce
- ☐ 1 pound pkt spinach fresh
- ☐ 2 medium size sweet potatoes and into
- ☐ 1 cup water

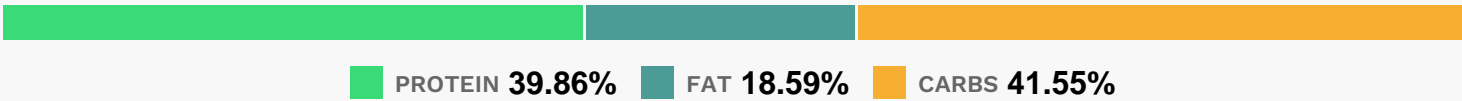
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add beef and garlic; cook until beef is browned, breaking into small pieces with the side of a large spoon.
- ☐ While meat cooks, peel and cube sweet potatoes.
- ☐ When beef is half cooked, drain off any accumulated fat.
- ☐ Add sweet potatoes and sesame seeds; continue to cook.
- ☐ Meanwhile, rinse spinach well, remove any heavy stems, and coarsely chop.
- ☐ When beef is well browned and sweet potato cubes are starting to soften, about 10 minutes, combine water, soy sauce, and cornstarch until cornstarch dissolves.
- ☐ Pour over contents in skillet. Simmer until sweet potato cubes are soft but not mushy, another 10 to 12 minutes.
- ☐ Just before serving, add spinach and cook 2 to 3 more minutes until spinach is wilted, stirring once.
- ☐ Serve over hot rice.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:12.14, Inflammation Score:-10, Nutrition Score:38.629999730898%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 309.89kcal (15.49%), Fat: 6.45g (9.92%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 26.26g (9.55%), Sugar: 5.48g (6.09%), Cholesterol: 70.31mg (23.44%), Sodium: 1040.43mg (45.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.11g (62.22%), Vitamin A: 26664.96IU (533.3%), Vitamin K: 550.14µg (523.94%), Manganese: 1.46mg (72.85%), Folate: 241.28µg (60.32%), Vitamin B6: 0.97mg (48.6%), Zinc: 6.86mg (45.71%), Vitamin C: 35.51mg (43.05%), Vitamin B12: 2.54µg (42.34%), Vitamin B3: 8.3mg (41.48%), Potassium: 1451.16mg (41.46%), Iron: 6.95mg (38.61%), Magnesium: 151.8mg (37.95%), Phosphorus: 360.31mg (36.03%), Selenium: 22.37µg (31.96%), Vitamin B2: 0.49mg (28.96%), Fiber: 6.16g (24.64%), Copper: 0.47mg (23.29%), Vitamin E: 2.92mg (19.45%), Vitamin B5: 1.78mg (17.78%), Calcium: 171.43mg (17.14%), Vitamin B1: 0.24mg (16.11%)