



Brussels Sprouts and Steak Stir-Fry

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound brussels sprouts halved
- ☐ 2 medium carrots peeled thinly sliced
- ☐ 1 fresno chile sliced into rings
- ☐ 4 servings rice steamed (for serving)
- ☐ 3 garlic cloves sliced
- ☐ 2 tablespoons ginger peeled chopped
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons soya sauce reduced-sodium

- ☐ 3 tablespoons oyster sauce
- ☐ 4 scallions sliced chopped
- ☐ 8 ounces skirt steak thinly sliced
- ☐ 2 tablespoons unseasoned rice vinegar
- ☐ 4 tablespoons vegetable oil divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk oyster sauce, soy sauce, vinegar, and 1/4 cup water in a small bowl; set sauce aside.
- ☐ Heat 2 tablespoons oil in a large skillet over medium-high heat.
- ☐ Add brussels sprouts and cook, tossing occasionally, until golden brown, about 4 minutes. Cover and cook until crisp-tender, about 3 minutes longer.
- ☐ Transfer to a plate; wipe out skillet.
- ☐ Season steak with salt.
- ☐ Heat 1 tablespoon oil in same skillet over high heat until just beginning to smoke.
- ☐ Add steak in a single layer; cook until browned, about 3 minutes. Turn and cook until nearly cooked through, about 30 seconds.
- ☐ Add to brussels sprouts.
- ☐ Heat remaining 1 tablespoon oil in same skillet.
- ☐ Add scallion whites, garlic, and ginger and stir until fragrant, about 1 minute, adjusting heat as needed.
- ☐ Add carrots and chile and cook, tossing occasionally, until carrots are slightly softened, about 2 minutes.
- ☐ Return brussels sprouts and steak to skillet and add reserved sauce. Cook, tossing occasionally, until sauce is thickened, about 3 minutes.
- ☐ Serve with steamed rice and garnish with scallion greens.

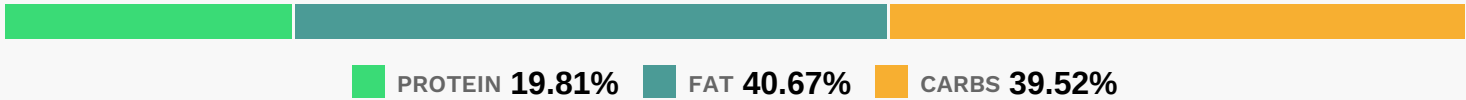
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Per serving: 318 calories, 18 g fat, 6 g fiber

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Bon Appétit

Nutrition Facts



Properties

Glycemic Index:89.96, Glycemic Load:27.6, Inflammation Score:-10, Nutrition Score:31.373478262321%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 400.6kcal (20.03%), Fat: 18.62g (28.64%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 34.51g (12.55%), Sugar: 5g (5.56%), Cholesterol: 35.72mg (11.91%), Sodium: 1085.88mg (47.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.8%), Vitamin K: 257.06µg (244.82%), Vitamin C: 117.5mg (142.43%), Vitamin A: 6181.83IU (123.64%), Manganese: 0.99mg (49.73%), Vitamin B6: 0.73mg (36.48%), Zinc: 4.81mg (32.07%), Selenium: 21.41µg (30.59%), Vitamin B3: 5.26mg (26.29%), Potassium: 874.55mg (24.99%), Fiber: 6.2g (24.81%), Phosphorus: 247.33mg (24.73%), Folate: 97.06µg (24.27%), Vitamin B2: 0.38mg (22.35%), Vitamin B12: 1.26µg (21.05%), Iron: 3.38mg (18.78%), Vitamin E: 2.6mg (17.36%), Vitamin B1: 0.25mg (16.92%), Magnesium: 67.66mg (16.91%), Copper: 0.26mg (13.01%), Vitamin B5: 1.16mg (11.63%), Calcium: 92.36mg (9.24%)