



Chinese Spicy Gingered Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup baby carrots halved



0.5 cup beef broth fat-free



6 ounces bok choy sliced



8 ounce water chestnuts drained sliced canned



2 cups rice long-grain hot cooked



1 tablespoon cornstarch



0.5 teaspoon pepper red crushed



1 tablespoon cooking wine dry white

- ☐ 0.8 pound flank steak
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon hoisin sauce
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 teaspoons olive oil

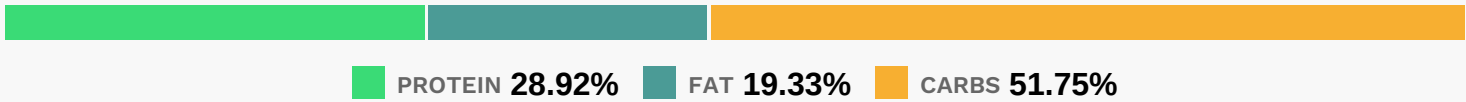
Equipment

- ☐ frying pan

Directions

- ☐ Trim fat from steak; cut steak diagonally across grain into thin slices.
- ☐ Combine steak and cornstarch.
- ☐ Heat oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add steak mixture; saut 3 minutes. Stir in ginger and garlic; cook 10 seconds. Stir in carrots and next 6 ingredients (carrots through water chestnuts); cover and cook 4 minutes. Stir in bok choy; cover and cook for 2 minutes.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:24.11, Inflammation Score:-10, Nutrition Score:22.733043463334%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.9mg, Quercetin: 0.9mg,

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Nutrients (% of daily need)

Calories: 328.34kcal (16.42%), Fat: 6.93g (10.67%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 37.56g (13.66%), Sugar: 5.47g (6.08%), Cholesterol: 51.15mg (17.05%), Sodium: 574.66mg (24.99%), Alcohol: 0.39g (100%), Alcohol %: 0.14% (100%), Protein: 23.34g (46.69%), Vitamin A: 6387.28IU (127.75%), Selenium: 32.8µg (46.85%), Vitamin B6: 0.89mg (44.58%), Manganese: 0.68mg (33.77%), Vitamin B3: 6.75mg (33.75%), Zinc: 4.23mg (28.2%), Phosphorus: 270.75mg (27.07%), Vitamin C: 21.68mg (26.27%), Vitamin K: 25.08µg (23.88%), Potassium: 675.01mg (19.29%), Iron: 3.17mg (17.63%), Fiber: 4.22g (16.88%), Folate: 60.62µg (15.16%), Copper: 0.27mg (13.36%), Magnesium: 53.02mg (13.26%), Vitamin B12: 0.79µg (13.25%), Vitamin B2: 0.21mg (12.37%), Vitamin B5: 1.19mg (11.86%), Calcium: 93.75mg (9.38%), Vitamin B1: 0.12mg (8.1%), Vitamin E: 1.19mg (7.95%)