



Chinese-Style Beef, Sweet Potato, and Bok Choy Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons five-spice powder chinese
- 12 ounces baby bok choy
- 1 piece ginger fresh cut into chunks (1 in. square)
- 4 large garlic cloves
- 2 green onions
- 0.5 teaspoon kosher salt
- 3 cups beef broth reduced-sodium

- 1.3 pounds beef rib-eye steaks ()
- 2 tablespoons soya sauce
- 1 deep-orange sweet potato
- 1 tablespoon vegetable oil

Equipment

- food processor
- bowl
- frying pan
- ladle
- slotted spoon

Directions

- Whirl garlic and ginger in a food processor until minced. Trim fat from steaks and cut across the grain into 1/4-in. slices, discarding pockets of fat.
- Sprinkle meat with half of garlic mixture and all the salt.
- Heat oil in a 5- to 6-qt. pan over high heat. Brown half the beef lightly, stirring occasionally, 3 to 6 minutes. With a slotted spoon, transfer meat to a plate. Repeat with remaining beef.
- Reduce heat to medium.
- Add remaining garlic mixture to pan and cook until softened, about 30 seconds. Stir in five-spice powder, then broth and soy sauce. Peel sweet potato, halve lengthwise, and cut in 1/3-in.-thick slices.
- Add to broth. Cover and bring to a boil over high heat, then reduce heat and simmer 2 minutes.
- Meanwhile, trim ends from bok choy, rinse, separate leaves, and cut in wide diagonal slices. Stir bok choy into stew and simmer just until wilted, about 2 minutes. Stir in beef and cook until hot, 1 to 2 minutes.
- Cut onions in 3-in. slivers.
- Ladle stew into bowls and garnish with onions.

Nutrition Facts



■ PROTEIN 33.28% ■ FAT 51.16% ■ CARBS 15.56%

Properties

Glycemic Index:38.75, Glycemic Load:6.12, Inflammation Score:-10, Nutrition Score:25.525652095028%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 415.72kcal (20.79%), Fat: 23.84g (36.67%), Saturated Fat: 9.47g (59.16%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 13.15g (4.78%), Sugar: 3.56g (3.96%), Cholesterol: 86.47mg (28.82%), Sodium: 1285.5mg (55.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.89g (69.79%), Vitamin A: 11887.89IU (237.76%), Vitamin C: 42.2mg (51.15%), Zinc: 7.65mg (51.01%), Selenium: 35.57µg (50.82%), Vitamin B12: 2.35µg (39.22%), Vitamin B3: 7.74mg (38.69%), Vitamin B6: 0.76mg (37.92%), Potassium: 1014.1mg (28.97%), Phosphorus: 258.58mg (25.86%), Iron: 4.5mg (25.01%), Vitamin B2: 0.4mg (23.61%), Vitamin K: 21.87µg (20.83%), Manganese: 0.3mg (15.06%), Calcium: 145.36mg (14.54%), Magnesium: 53.6mg (13.4%), Vitamin B1: 0.19mg (12.71%), Fiber: 3.16g (12.65%), Copper: 0.24mg (12.22%), Vitamin B5: 0.53mg (5.28%), Folate: 16.41µg (4.1%), Vitamin E: 0.47mg (3.1%)