



## Citrus-Beef Stir-Fry with Carrots

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

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**363 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups matchstick-cut carrots
- 1 tablespoon cider vinegar
- 0.5 teaspoon pepper red crushed
- 3 tablespoons brown sugar light
- 0.3 cup soya sauce low-sodium divided
- 1 onion separated cut into 8 wedges and
- 0.5 cup orange juice fresh
- 1 tablespoon orange rind grated

- 2 teaspoons sesame oil
- 1 pound rump steak boneless cut into thin strips

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Place beef in a shallow dish; pour 2 tablespoons soy sauce over beef. Turn to coat completely.
- Let marinate 15 minutes in refrigerator.
- Combine orange juice, sugar, 2 tablespoons soy sauce, vinegar, orange rind, and red pepper in a small bowl. Stir with a whisk.
- Heat oil in a large nonstick skillet over high heat.
- Add beef, and cook 6 minutes.
- Remove from heat, and place on a serving platter; keep warm.
- Reduce heat to medium-high; add carrot and onion. Cook 7 minutes or until carrot is lightly browned and crisp-tender, stirring frequently. Increase heat to high; add beef and its juices, and orange juice mixture. Cook 3 minutes or until slightly thickened.

## Nutrition Facts



## Properties

Glycemic Index:29.75, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:19.831304358399%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

## **Nutrients (% of daily need)**

Calories: 363.01kcal (18.15%), Fat: 19.06g (29.33%), Saturated Fat: 7.14g (44.66%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 18.58g (6.76%), Sugar: 15.66g (17.4%), Cholesterol: 63.5mg (21.17%), Sodium: 693.17mg (30.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.87%), Vitamin A: 8968.57IU (179.37%), Vitamin B12: 3.15µg (52.54%), Vitamin B6: 0.58mg (29.03%), Selenium: 19.71µg (28.16%), Zinc: 4.04mg (26.9%), Vitamin C: 21.24mg (25.75%), Phosphorus: 256.66mg (25.67%), Vitamin B3: 4.86mg (24.31%), Potassium: 683.09mg (19.52%), Iron: 3.31mg (18.39%), Vitamin B2: 0.29mg (16.81%), Vitamin B1: 0.18mg (12.13%), Magnesium: 47.94mg (11.98%), Manganese: 0.24mg (11.91%), Folate: 46.23µg (11.56%), Fiber: 2.74g (10.97%), Copper: 0.19mg (9.71%), Vitamin B5: 0.77mg (7.73%), Vitamin K: 6.69µg (6.37%), Calcium: 52.77mg (5.28%), Vitamin E: 0.21mg (1.4%)