



Coconut-Beef Stir-Fry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chili powder
- 0.3 cup coconut milk
- 1 teaspoon sesame oil dark
- 1 pound flank steak
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons ginger fresh minced
- 3 garlic cloves minced
- 1 tablespoon ground turmeric

- 1 onion halved sliced
- 0.5 teaspoon pepper dried red crushed
- 2 teaspoons vegetable oil divided

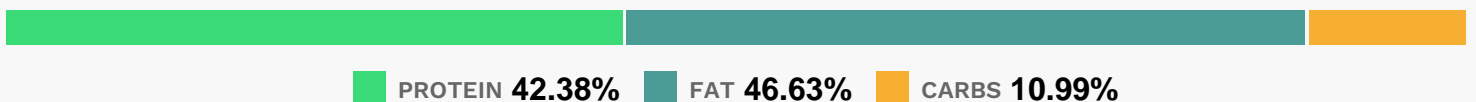
Equipment

- frying pan

Directions

- Cut steak diagonally across grain into 1/8-inch slices, and place in a shallow dish.
- Sprinkle with turmeric and chili powder, tossing to coat. Cover and chill 30 minutes.
- Pour 1 teaspoon vegetable oil and sesame oil into a nonstick skillet; place over medium-high heat until hot.
- Add steak; stir-fry until browned.
- Remove from skillet; set aside.
- Pour remaining 1 teaspoon vegetable oil in skillet.
- Add ginger, garlic, and onion; stir-fry until crisp-tender. Stir in coconut milk; cook, stirring often, 2 to 3 minutes or until slightly thickened.
- Stir in steak, cilantro, and red pepper; cook, stirring often, until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:15.743912924891%

Flavonoids

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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 241.83kcal (12.09%), Fat: 12.5g (19.23%), Saturated Fat: 5.64g (35.25%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 4.86g (1.77%), Sugar: 1.47g (1.64%), Cholesterol: 68.04mg (22.68%), Sodium: 101.9mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.11%), Selenium: 34.48µg (49.26%), Vitamin B6: 0.84mg (41.83%), Vitamin B3: 7.59mg (37.94%), Zinc: 4.68mg (31.23%), Phosphorus: 267.15mg (26.72%), Iron: 3.46mg (19.23%), Manganese: 0.38mg (19.08%), Vitamin B12: 1.03µg (17.2%), Potassium: 574.73mg (16.42%), Vitamin A: 735.36IU (14.71%), Vitamin K: 11.5µg (10.95%), Magnesium: 43.25mg (10.81%), Vitamin B2: 0.17mg (9.9%), Vitamin E: 1.48mg (9.87%), Copper: 0.17mg (8.75%), Vitamin B5: 0.82mg (8.16%), Vitamin B1: 0.11mg (7.45%), Fiber: 1.76g (7.06%), Folate: 24.33µg (6.08%), Calcium: 48.61mg (4.86%), Vitamin C: 3.79mg (4.6%)