



## Coconut Rice with Beef Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups bok choy sliced
- ☐ 1 tablespoon sriracha (such as Lee Kum Kee)
- ☐ 1 teaspoon sesame oil dark divided
- ☐ 1 pound flank steak trimmed thinly sliced
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 Dash ground pepper red

- ☐ 1 cup jasmine rice uncooked
- ☐ 14 ounce coconut milk light canned
- ☐ 4 lime wedges
- ☐ 1 cup onion vertically sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

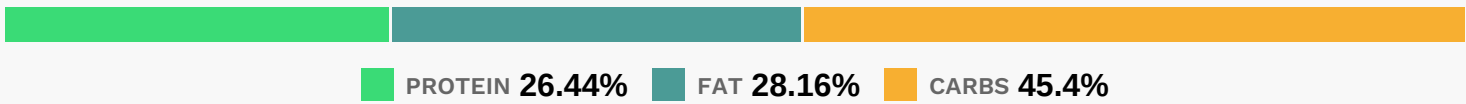
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ To prepare rice, bring first 4 ingredients to a boil in a medium saucepan; stir in rice. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- ☐ To prepare stir-fry, heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of beef; stir-fry 4 minutes or until done.
- ☐ Remove from pan; cover and keep warm. Repeat procedure with remaining oil and beef.
- ☐ Add onion and bell pepper to pan; stir-fry 5 minutes.
- ☐ Add bok choy; stir-fry 3 minutes or until vegetables are tender.
- ☐ Add beef, cilantro, chili garlic sauce, 1/4 teaspoon salt, and black pepper; cook 2 minutes or until thoroughly heated.
- ☐ Serve with rice and lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:62.05, Glycemic Load:24.01, Inflammation Score:-10, Nutrition Score:27.038695687833%

## Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg

Nutrients (% of daily need)

Calories: 458.97kcal (22.95%), Fat: 13.89g (21.36%), Saturated Fat: 9.24g (57.78%), Carbohydrates: 50.38g (16.79%), Net Carbohydrates: 47.07g (17.12%), Sugar: 4.98g (5.54%), Cholesterol: 68.04mg (22.68%), Sodium: 539.9mg (23.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.68%), Vitamin C: 79.58mg (96.46%), Vitamin A: 3546.38IU (70.93%), Selenium: 41.02µg (58.6%), Vitamin B6: 1.03mg (51.46%), Vitamin B3: 8.52mg (42.58%), Manganese: 0.71mg (35.58%), Zinc: 5.14mg (34.25%), Phosphorus: 326.57mg (32.66%), Vitamin K: 28.37µg (27.02%), Potassium: 730.77mg (20.88%), Folate: 79.44µg (19.86%), Vitamin B12: 1.03µg (17.2%), Iron: 2.91mg (16.15%), Vitamin B5: 1.44mg (14.39%), Magnesium: 56.93mg (14.23%), Vitamin B2: 0.24mg (13.92%), Fiber: 3.31g (13.23%), Copper: 0.24mg (12.05%), Vitamin B1: 0.18mg (11.95%), Calcium: 112.23mg (11.22%), Vitamin E: 1.09mg (7.27%)