

# Crispy Orange Beef

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

READY IN



**65 min.**

SERVINGS



**6**

CALORIES



**475 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds beef top sirloin thinly sliced
- 8 broccoli florets steamed
- 0.3 cup cornstarch
- 3 tablespoons ginger fresh grated
- 1.5 tablespoons garlic minced
- 1 cup rice long grain
- 2 cups oil for frying
- 2 tablespoons orange juice concentrate frozen

- 2 teaspoons orange zest
- 0.3 cup rice wine vinegar
- 1 teaspoon salt
- 1 tablespoon soya sauce
- 2 cups water
- 0.3 cup sugar white

## Equipment

- bowl
- baking sheet
- paper towels
- sauce pan
- wok

## Directions

- Lay beef strips out in a single layer on a baking sheet lined with paper towels. Allow to dry in the refrigerator for 30 minutes. In a small bowl, mix together the sugar, rice vinegar, orange juice concentrate, salt and soy sauce. Set aside.
- Meanwhile, combine rice and water in a medium saucepan. Bring to a boil, then reduce heat to medium-low and simmer for 20 minutes, or until rice is tender.
- Add more water at the end if necessary.
- Heat oil in a wok over medium-high heat. Toss dried beef in cornstarch to coat. Fry in the hot oil in small batches until crispy and golden brown; set aside.
- Drain all of the oil from the wok except about 1 tablespoon.
- Add orange zest, ginger and garlic to the remaining oil, and cook briefly until fragrant.
- Add the soy sauce mixture to the wok, bring to a boil, and cook until thick and syrupy, about 5 minutes.
- Add beef, and heat through, stirring to coat.
- Serve immediately over steamed rice, and garnish with broccoli.

## Nutrition Facts

PROTEIN 24.4% FAT 37.16% CARBS 38.44%

## Properties

Glycemic Index:45.55, Glycemic Load:23.08, Inflammation Score:-5, Nutrition Score:18.196521790131%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 474.72kcal (23.74%), Fat: 19.3g (29.69%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 43.83g (15.94%), Sugar: 12.98g (14.42%), Cholesterol: 66.9mg (22.3%), Sodium: 631.02mg (27.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.51g (57.03%), Selenium: 40.6µg (57.99%), Vitamin B6: 0.84mg (41.94%), Vitamin B3: 8.14mg (40.71%), Zinc: 5mg (33.36%), Phosphorus: 296.96mg (29.7%), Vitamin C: 21.94mg (26.59%), Vitamin K: 26.94µg (25.66%), Manganese: 0.45mg (22.48%), Vitamin E: 3.12mg (20.81%), Vitamin B12: 1.07µg (17.77%), Potassium: 548.7mg (15.68%), Iron: 2.37mg (13.14%), Vitamin B5: 1.2mg (11.99%), Vitamin B2: 0.19mg (11.04%), Magnesium: 43.05mg (10.76%), Copper: 0.2mg (10.05%), Vitamin B1: 0.14mg (9.2%), Folate: 31.43µg (7.86%), Calcium: 51.87mg (5.19%), Fiber: 1.09g (4.34%), Vitamin A: 113.03IU (2.26%)