



Eggplant and Beef Stir-Fry

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

READY IN



30 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound top round beef roast cut into thin strips
- 4 servings brown rice steamed softened
- 1 pound eggplant sliced into 1/4" rounds
- 1 tablespoon fish sauce (such as nam pla or nuoc nam)
- 4 tablespoons mint leaves fresh divided chopped
- 2 teaspoons garlic divided minced
- 1 ginger peeled cut into matchstick-size pieces
- 2 teaspoons juice of lime fresh

- 3 tablespoons soy sauce reduced-sodium
- 0.3 teaspoon sugar
- 2 thai chile fresh green red divided thinly sliced
- 5 tablespoons vegetable oil divided

Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk 2 tablespoons mint, soy sauce, 1 chile, half of ginger, fish sauce, lime juice, 1 teaspoon garlic, sugar, and 2 tablespoons water in a medium bowl. Set dressing aside.
- Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Working in 2 batches and adding 2 tablespoons oil between batches, cook eggplant until golden brown, 2-3 minutes per side.
- Transfer eggplant slices to a medium bowl.
- Pour half of dressing over eggplant and toss to coat evenly. Set remaining dressing aside.
- Heat remaining 1 tablespoon oil in same skillet over medium-high heat.
- Add remaining chile, ginger, 1 teaspoon garlic, and beef and cook, turning beef once, until nicely seared and medium-rare, about 3 minutes total.
- Add eggplant mixture (with liquid) to skillet and toss to mix well.
- Divide noodles or rice among bowls. Spoon stir-fry over.
- Drizzle reserved dressing over stir-fry and garnish with remaining 2 tablespoons chopped mint.
- Per serving:503 calories, 24 g fat, 54 g carbohydrates
- Bon Appétit

Nutrition Facts



■ PROTEIN 18.13% ■ FAT 48.4% ■ CARBS 33.47%

Properties

Glycemic Index:49.32, Glycemic Load:12.38, Inflammation Score:-6, Nutrition Score:19.031739234924%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 1.6mg, Eriodictyol: 1.6mg, Eriodictyol: 1.6mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 384.95kcal (19.25%), Fat: 20.94g (32.21%), Saturated Fat: 3.78g (23.61%), Carbohydrates: 32.58g (10.86%), Net Carbohydrates: 26.84g (9.76%), Sugar: 4.64g (5.16%), Cholesterol: 35.15mg (11.72%), Sodium: 822.43mg (35.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.64g (35.28%), Manganese: 1.49mg (74.69%), Vitamin K: 36.17µg (34.45%), Vitamin B6: 0.68mg (34.04%), Vitamin B3: 6.23mg (31.16%), Phosphorus: 252.01mg (25.2%), Selenium: 16.75µg (23.93%), Magnesium: 94.24mg (23.56%), Fiber: 5.74g (22.96%), Zinc: 3.33mg (22.23%), Potassium: 635.01mg (18.14%), Vitamin B12: 1.07µg (17.84%), Vitamin B1: 0.21mg (14.08%), Iron: 2.46mg (13.65%), Vitamin E: 1.97mg (13.14%), Copper: 0.26mg (13.14%), Folate: 50.33µg (12.58%), Vitamin B2: 0.19mg (11.36%), Vitamin C: 9.05mg (10.97%), Vitamin B5: 1.03mg (10.25%), Calcium: 52.03mg (5.2%), Vitamin A: 258.09IU (5.16%)