



Emerald Stir-Fry with Beef

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

READY IN



42 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus trimmed sliced
- 1.3 pounds broccoli trimmed cut into small florets
- 2 tablespoons canola oil
- 1.5 teaspoons cornstarch dissolved in 1/4 cup warm water
- 8 ounces edamame frozen shelled
- 3 cloves garlic minced
- 0.3 cup soya sauce low-sodium
- 0.3 cup orange juice

- 0.3 teaspoon pepper flakes red
- 2 tablespoons rice vinegar
- 8 ounces beef round tip steak sliced
- 1 teaspoon sesame oil
- 6 ounces snow peas fresh
- 0.3 cup water
- 0.3 cup semisweet white wine

Equipment

- bowl
- frying pan
- wok

Directions

- Combine mirin or white wine, orange juice, soy sauce, rice vinegar, red pepper flakes and water in a small bowl.
- In a large wok or very large (14-inch) saute pan, heat 1 tablespoon of oil over medium-high heat.
- Add the beef and cook, stirring, until just browned, about 2 minutes.
- Transfer the beef to a plate.
- Heat the remaining tablespoon of oil over medium heat and cook garlic until fragrant, about 30 seconds.
- Add snow peas, broccoli, asparagus and edamame, raise heat to medium-high, and cook for 3 minutes until vegetables are slightly softened.
- Add the mirin-soy mixture and cook, stirring, until edamame are cooked and asparagus is crisp-tender, about 4 minutes.
- Add the beef and dissolved cornstarch and stir to incorporate. Cook until mixture thickens slightly and beef is heated through, an additional 2 minutes.
- Drizzle with sesame oil and serve.

Nutrition Facts

PROTEIN 32.64% FAT 33.34% CARBS 34.02%

Properties

Glycemic Index:52.75, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:34.518695748371%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 12.7mg, Kaempferol: 12.7mg, Kaempferol: 12.7mg, Kaempferol: 12.7mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 20.56mg, Quercetin: 20.56mg, Quercetin: 20.56mg, Quercetin: 20.56mg

Nutrients (% of daily need)

Calories: 337.92kcal (16.9%), Fat: 12.66g (19.47%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 19.36g (7.04%), Sugar: 9.33g (10.37%), Cholesterol: 34.59mg (11.53%), Sodium: 665.09mg (28.92%), Alcohol: 1.54g (100%), Alcohol %: 0.4% (100%), Protein: 27.88g (55.77%), Vitamin C: 166.76mg (202.13%), Vitamin K: 208.44µg (198.51%), Folate: 185.98µg (46.5%), Vitamin A: 2270.88IU (45.42%), Vitamin B6: 0.87mg (43.7%), Iron: 7.35mg (40.81%), Fiber: 9.71g (38.84%), Potassium: 1338.83mg (38.25%), Manganese: 0.72mg (36.02%), Selenium: 25.05µg (35.79%), Phosphorus: 338.09mg (33.81%), Vitamin B3: 6.46mg (32.3%), Vitamin B2: 0.49mg (28.94%), Zinc: 4.09mg (27.24%), Vitamin E: 4.08mg (27.18%), Vitamin B1: 0.41mg (27.09%), Magnesium: 85.22mg (21.31%), Copper: 0.4mg (20.22%), Vitamin B5: 1.93mg (19.29%), Calcium: 184.59mg (18.46%), Vitamin B12: 0.77µg (12.76%)