



Essanaye's Sesame Beef Stir Fry

 Gluten Free  Dairy Free

READY IN



520 min.

SERVINGS



6

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups asparagus sliced
- 1 cup cashew pieces whole
- 1 cup mushrooms fresh sliced to taste
- 0.3 cup garlic minced
- 1 bunch green onions chopped
- 0.3 cup vegetable oil; peanut oil preferred
- 1 bell pepper red sliced
- 0.3 cup rice wine vinegar

- 1 pound round steak thinly sliced
- 1 tablespoon sesame seed
- 0.5 cup soya sauce
- 1 onion sweet chopped
- 0.5 cup sugar white

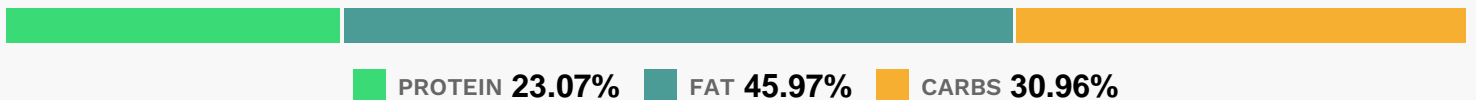
Equipment

- bowl
- frying pan
- whisk
- ziploc bags
- wok

Directions

- Whisk soy sauce, sugar, rice wine vinegar, garlic, and 1 tablespoon sesame seeds in a bowl; pour into a resealable plastic bag.
- Add beef, coat with marinade, squeeze out excess air, and seal bag. Marinate beef in the refrigerator overnight.
- Heat peanut oil in a wok or large skillet over medium-high heat; cook and stir beef and marinade until beef is well-browned, about 5 minutes. Stir in asparagus, mushrooms, onion, bell pepper, and green onions; cook and stir until vegetables begin to soften, 3 to 4 minutes.
- Add cashews and 1 tablespoon sesame seeds; continue cooking until vegetables are tender, 2 to 3 minutes more.
- Mix cornstarch and water in a small bowl; stir into beef stir fry until sauce is thickened, about 3 minutes.
- Sprinkle with remaining 1 tablespoon sesame seeds.

Nutrition Facts



Properties

Glycemic Index:58.88, Glycemic Load:14.67, Inflammation Score:-8, Nutrition Score:25.753478122794%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 14.86mg, Quercetin: 14.86mg, Quercetin: 14.86mg, Quercetin: 14.86mg

Nutrients (% of daily need)

Calories: 438.05kcal (21.9%), Fat: 23.03g (35.44%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 31.6g (11.49%), Sugar: 23.17g (25.74%), Cholesterol: 47.63mg (15.88%), Sodium: 1135.05mg (49.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.01%), Vitamin B6: 0.93mg (46.26%), Selenium: 30.59µg (43.7%), Vitamin C: 34.09mg (41.32%), Copper: 0.83mg (41.31%), Phosphorus: 399.49mg (39.95%), Manganese: 0.78mg (38.96%), Vitamin B3: 7.63mg (38.13%), Zinc: 5.23mg (34.84%), Vitamin K: 36.43µg (34.69%), Iron: 5.16mg (28.67%), Magnesium: 111.96mg (27.99%), Vitamin B12: 1.44µg (23.92%), Potassium: 745.79mg (21.31%), Vitamin B1: 0.31mg (20.81%), Vitamin A: 999.89IU (20%), Vitamin B2: 0.34mg (19.9%), Vitamin E: 2.7mg (17.97%), Folate: 70.52µg (17.63%), Fiber: 3.3g (13.18%), Vitamin B5: 1.3mg (12.96%), Calcium: 81.14mg (8.11%)