



 **100%**  
HEALTH SCORE

## Fake Sukiyaki

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**20 min.**

SERVINGS



**2**

CALORIES



**295 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.8 ounce beef stock divided canned
- 12 ounces button mushrooms fresh halved
- 0.5 cup onion thinly sliced
- 0.5 pound pan drippings from roast beef preferably thinly sliced cut into strips
- 3 tablespoons sake to taste
- 3 tablespoons soya sauce to taste
- 1 bunch pkt spinach fresh stemmed rinsed

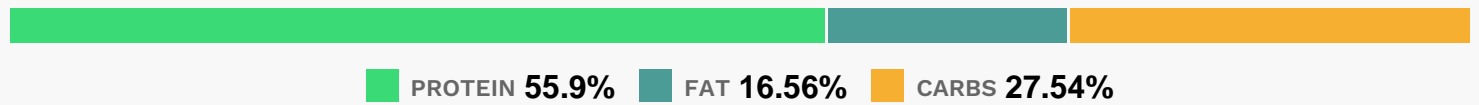
## Equipment

wok

## Directions

- In a wok over high heat, combine 1/4 cup of the beef stock, soy sauce, and sake.
- Add onions and mushrooms; fry until onions start to soften.
- Add the strips of beef and remaining beef stock, and cook, stirring constantly, for 2 minutes.
- Add spinach, cover, and cook for 3 minutes, until spinach is wilted, but not fully cooked. Adjust seasonings to taste, and serve over udon or ramen noodles.

## Nutrition Facts



## Properties

Glycemic Index:53, Glycemic Load:3.03, Inflammation Score:-10, Nutrition Score:54.623913205188%

## Flavonoids

Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 14.87mg, Quercetin: 14.87mg, Quercetin: 14.87mg

## Nutrients (% of daily need)

Calories: 294.76kcal (14.74%), Fat: 5.41g (8.33%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 13.91g (5.06%), Sugar: 7.06g (7.84%), Cholesterol: 64.64mg (21.55%), Sodium: 3661.43mg (159.19%), Alcohol: 3.62g (100%), Alcohol %: 0.66% (100%), Protein: 41.12g (82.23%), Vitamin K: 821.41µg (782.3%), Vitamin A: 15941.7IU (318.83%), Vitamin C: 105.33mg (127.67%), Folate: 384.54µg (96.14%), Vitamin B3: 18.24mg (91.19%), Manganese: 1.81mg (90.64%), Vitamin B2: 1.34mg (78.53%), Potassium: 2210.19mg (63.15%), Vitamin B6: 1.15mg (57.39%), Phosphorus: 543.73mg (54.37%), Calcium: 518.83mg (51.88%), Magnesium: 200.24mg (50.06%), Iron: 9mg (50%), Copper: 0.97mg (48.58%), Zinc: 6.33mg (42.18%), Selenium: 27.68µg (39.54%), Vitamin B12: 2µg (33.26%), Vitamin B5: 3.15mg (31.48%), Vitamin B1: 0.41mg (27.07%), Fiber: 6.34g (25.35%), Vitamin E: 3.49mg (23.27%), Vitamin D: 0.34µg (2.27%)