



## Filipino Beef Stir-Fry

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 carrots sliced
- 2 stalks celery sliced
- 2 tablespoons cornstarch
- 2 cloves garlic crushed
- 0.8 cup peas green
- 0.3 cup oil for deep frying
- 3 tablespoons olive oil
- 1 tablespoon oyster sauce

- 1 bell pepper red seeded cut into chunks
- 4 servings salt and pepper to taste
- 1 pound snow peas
- 2 tablespoons soya sauce
- 1 pound new york strip steaks sliced into thin strips
- 1 onion sweet chopped
- 1.5 teaspoons sugar white

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Place the sliced steak in a large bowl.
- Sprinkle the cornstarch over the beef slices and mix to coat.
- Whisk the soy sauce and sugar together in a small bowl until the sugar dissolves; pour over the beef slices.
- Mix and marinate in the refrigerator for at least 2 hours or overnight.
- Heat 3 tablespoons olive oil in a large skillet over medium heat; cook and stir the onion and garlic in the hot oil until tender, 5 to 7 minutes. Stir the oyster sauce into the onion and garlic; season with salt and pepper.
- Add the snow peas, green peas, carrot, celery, and red bell pepper; cook and stir until the vegetables are slightly tender, yet still crisp, 7 to 10 minutes.
- Remove the skillet from the heat.
- Heat 2 tablespoons oil in a separate skillet.
- Remove the beef from the marinade, shaking off any excess moisture; discard the marinade. Fry the beef slices in the hot oil to your desired degree of doneness, 3 to 5 minutes per side for medium.
- Add the cooked beef to the vegetable mixture and mix well.

Serve hot.

## Nutrition Facts

**PROTEIN 23.59%** **FAT 53.29%** **CARBS 23.12%**

### Properties

Glycemic Index:67.56, Glycemic Load:3.25, Inflammation Score:-10, Nutrition Score:33.299565429273%

### Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg

### Nutrients (% of daily need)

Calories: 497.3kcal (24.87%), Fat: 29.93g (46.05%), Saturated Fat: 8.89g (55.54%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 22.44g (8.16%), Sugar: 14.14g (15.71%), Cholesterol: 69.17mg (23.06%), Sodium: 919.41mg (39.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.63%), Vitamin C: 122.96mg (149.04%), Vitamin A: 5027.53IU (100.55%), Vitamin K: 54.71µg (52.11%), Vitamin B6: 0.95mg (47.36%), Zinc: 6.77mg (45.12%), Selenium: 30.1µg (42.99%), Vitamin B3: 7.85mg (39.24%), Vitamin B12: 1.9µg (31.68%), Phosphorus: 308.48mg (30.85%), Iron: 5.47mg (30.36%), Manganese: 0.6mg (30.09%), Folate: 113.86µg (28.46%), Vitamin B2: 0.48mg (28.29%), Vitamin B1: 0.42mg (27.68%), Fiber: 6.77g (27.07%), Potassium: 886.91mg (25.34%), Vitamin E: 3.12mg (20.81%), Magnesium: 79.33mg (19.83%), Copper: 0.32mg (15.83%), Vitamin B5: 1.19mg (11.88%), Calcium: 101.44mg (10.14%)