



Five-Spice Beef



Gluten Free



Dairy Free

READY IN



44 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon five-spice powder chinese
- ☐ 8.8 ounce precooked brown rice
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 2 tablespoons cashew pieces coarsely chopped
- ☐ 0.3 cup celery diced
- ☐ 0.8 cup bell pepper green seeded chopped
- ☐ 1 cup less-sodium beef broth fat-free
- ☐ 0.3 cup soya sauce low-sodium divided

- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper red seeded chopped
- ☐ 1 pound rump steak wafer-thin

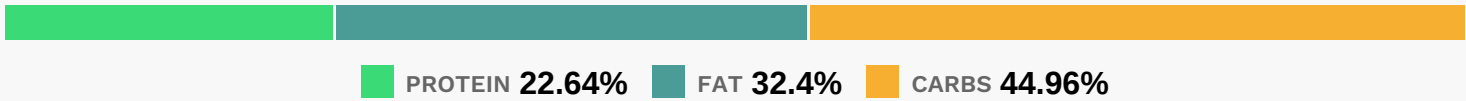
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ wok
- ☐ microwave

Directions

- ☐ Place steak in a large zip-top plastic bag.
- ☐ Combine five-spice powder and 3 tablespoons soy sauce in a small bowl; pour over steak. Seal bag; chill at least 20 minutes.
- ☐ Heat a large nonstick skillet or wok over medium-high heat.
- ☐ Add steak and marinade to pan; stir-fry 4 minutes or until browned on all sides.
- ☐ Remove steak from pan; set aside, and keep warm.
- ☐ Add broth and next 5 ingredients to pan; cook over medium heat 7 minutes or until vegetables are tender. Return steak to pan; stir in remaining 1 tablespoon soy sauce, and cook until thoroughly heated.
- ☐ While vegetable mixture simmers, heat rice in microwave oven according to package directions.
- ☐ Spoon steak mixture over rice, and sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:47.49, Glycemic Load:27.79, Inflammation Score:-8, Nutrition Score:29.611739137898%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 587.44kcal (29.37%), Fat: 21.18g (32.59%), Saturated Fat: 7.61g (47.54%), Carbohydrates: 66.14g (22.05%), Net Carbohydrates: 59.97g (21.81%), Sugar: 4.94g (5.49%), Cholesterol: 63.5mg (21.17%), Sodium: 762.59mg (33.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.31g (66.62%), Manganese: 2.72mg (135.92%), Vitamin C: 49.5mg (60%), Vitamin B6: 1.09mg (54.61%), Vitamin B12: 3.15µg (52.54%), Phosphorus: 460.53mg (46.05%), Zinc: 5.95mg (39.64%), Vitamin B3: 7.77mg (38.85%), Magnesium: 152.7mg (38.17%), Iron: 5.6mg (31.1%), Vitamin B1: 0.45mg (30.04%), Selenium: 20.64µg (29.49%), Potassium: 989.99mg (28.29%), Copper: 0.52mg (25.79%), Fiber: 6.17g (24.68%), Vitamin B2: 0.33mg (19.49%), Vitamin B5: 1.64mg (16.43%), Vitamin A: 720.7IU (14.41%), Folate: 50.25µg (12.56%), Vitamin E: 0.97mg (6.48%), Vitamin K: 6.78µg (6.46%), Calcium: 59.95mg (5.99%)