



Garlicky Hoisin Beef



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



507 kcal

SAUCE

Ingredients

- ☐ 4 servings rice cooked
- ☐ 1 recipe garlicky hoisin sauce
- ☐ 2.5 tablespoons olive oil
- ☐ 3 scallions green cut into 1 1/2-inch lengths (parts only)
- ☐ 1 pound rump steak boneless thinly sliced
- ☐ 1.5 cups sugar snap peas
- ☐ 1 medium sweet potatoes and into peeled halved lengthwise sliced
- ☐ 0.3 cup water

☐ 1 bell pepper red yellow seeded thinly sliced

Equipment

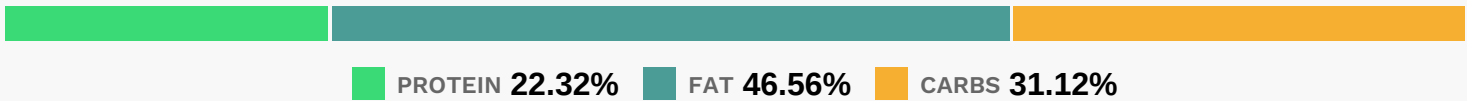
☐ frying pan

☐ wok

Directions

- ☐ Heat a wok or large skillet over high heat.
- ☐ Add 2 tablespoons of the oil and heat for 30 seconds.
- ☐ Add the steak and stir-fry until cooked through, 3 to 4 minutes.
- ☐ Transfer to a plate. Wipe out the pan. Reduce heat to medium-high, add the remaining oil, and heat for 30 seconds.
- ☐ Add the bell pepper and cook, stirring constantly, for 10 seconds.
- ☐ Add the sweet potato and water. Cover partially and cook, stirring occasionally, for 7 minutes.
- ☐ Add the peas and scallions and cook for 1 minute.
- ☐ Add the Garlicky Hoisin Sauce and increase heat to high. When it starts to bubble, add the steak. Stir-fry until warmed through, about 1 minute.
- ☐ Serve immediately over the rice. Tip: Pork or turkey cutlets can stand in for the beef, and green beans for the sugar snaps.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:29.66, Inflammation Score:-10, Nutrition Score:27.625652147376%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 507.28kcal (25.36%), Fat: 25.97g (39.95%), Saturated Fat: 8.12g (50.76%), Carbohydrates: 39.05g (13.02%), Net Carbohydrates: 35.57g (12.94%), Sugar: 4.15g (4.61%), Cholesterol: 63.51mg (21.17%), Sodium: 101.82mg (4.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.01g (56.02%), Vitamin A: 8564.37IU (171.29%), Vitamin C: 79.69mg (96.59%), Vitamin B12: 3.15µg (52.54%), Vitamin B6: 0.74mg (36.84%), Selenium: 25.38µg (36.26%), Manganese: 0.67mg (33.65%), Vitamin K: 34.1µg (32.48%), Zinc: 4.46mg (29.76%), Phosphorus: 287.88mg (28.79%), Vitamin B3: 5.28mg (26.41%), Iron: 3.87mg (21.49%), Potassium: 730.25mg (20.86%), Vitamin B2: 0.29mg (17.26%), Vitamin B1: 0.24mg (16.11%), Magnesium: 60.73mg (15.18%), Copper: 0.3mg (15.06%), Vitamin B5: 1.44mg (14.44%), Fiber: 3.48g (13.9%), Folate: 44.38µg (11.09%), Vitamin E: 1.63mg (10.88%), Calcium: 57.97mg (5.8%)