



Gel's Green Beans and Beef

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound beef sirloin steak boneless cut into thin strips
- 1 tablespoon canola oil
- 1 teaspoon cornstarch
- 0.5 pound extra-lean ground beef
- 2 tablespoons flour all-purpose
- 1 pound green beans fresh trimmed
- 3 cups green beans fresh cut into 2 inch pieces
- 2 tablespoons garlic minced

- 1 teaspoon ground ginger
- 1.5 tablespoons ground ginger
- 1 teaspoon ground pepper black
- 2 tablespoons honey
- 0.3 cup soya sauce reduced-sodium
- 2 teaspoons onion powder
- 3 tablespoons orange juice
- 1 tablespoon orange peel grated
- 0.1 teaspoon pepper
- 3 tablespoons soya sauce
- 2 tablespoons sugar
- 2 tablespoons water
- 3 tablespoons water

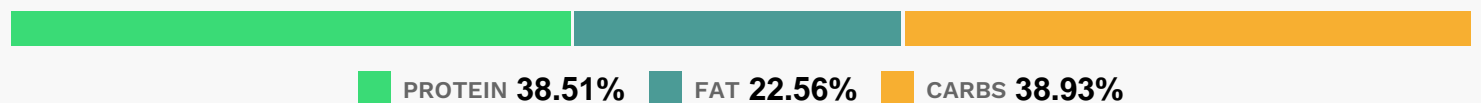
Equipment

- bowl
- frying pan

Directions

- In a large skillet over medium heat, mix the ground beef, ginger, garlic, onion powder, and pepper. Cook and stir until the beef is evenly browned.
- Mix soy sauce and honey into the beef mixture. Stir in the green beans. Cover, reduce heat, and simmer 7 to 10 minutes, until beans are tender.
- In a small bowl, mix the flour and water. Stir into the beef and bean mixture, and continue cooking about 5 minutes, until thickened.

Nutrition Facts



Properties

Glycemic Index:112.59, Glycemic Load:15.83, Inflammation Score:-9, Nutrition Score:34.015651987947%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 391.05kcal (19.55%), Fat: 10.07g (15.5%), Saturated Fat: 2.83g (17.72%), Carbohydrates: 39.12g (13.04%), Net Carbohydrates: 32.59g (11.85%), Sugar: 22.58g (25.08%), Cholesterol: 85.33mg (28.44%), Sodium: 1428.54mg (62.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.69g (77.38%), Vitamin K: 88.91µg (84.68%), Manganese: 1.55mg (77.59%), Vitamin B6: 1.17mg (58.51%), Selenium: 40.92µg (58.46%), Vitamin B3: 11.33mg (56.67%), Zinc: 7.18mg (47.9%), Phosphorus: 431.4mg (43.14%), Vitamin C: 33.87mg (41.05%), Vitamin B12: 2.07µg (34.49%), Iron: 6.17mg (34.25%), Potassium: 1100.87mg (31.45%), Vitamin B2: 0.49mg (29.11%), Vitamin A: 1387.65IU (27.75%), Magnesium: 108.55mg (27.14%), Fiber: 6.53g (26.13%), Folate: 100.49µg (25.12%), Vitamin B1: 0.32mg (21.27%), Copper: 0.33mg (16.35%), Vitamin B5: 1.57mg (15.68%), Vitamin E: 1.9mg (12.67%), Calcium: 125.7mg (12.57%)