



Ginger Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 teaspoons bottled ginger fresh minced
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon cooking sherry dry
- ☐ 1 pound flank steak trimmed cut into 1/4-inch strips
- ☐ 4 slices lime
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 0.3 cup low-salt beef broth

- ☐ 1.5 cups onion vertically sliced
- ☐ 1 Dash pepper red crushed
- ☐ 3.5 ounce boil-in-bag rice long-grain
- ☐ 1 teaspoon vegetable oil

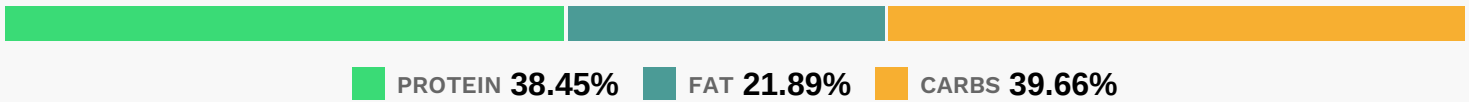
Equipment

- ☐ frying pan

Directions

- ☐ Prepare rice according to package directions, omitting salt and fat.
- ☐ While rice cooks, heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Combine broth and next 6 ingredients (broth through pepper).
- ☐ Add onion to pan; saut 2 minutes.
- ☐ Add steak; saut 5 minutes or until desired degree of doneness. Stir in broth mixture; cook 10 seconds until slightly thick, stirring constantly.
- ☐ Serve over rice with lime slices.

Nutrition Facts



Properties

Glycemic Index:45.05, Glycemic Load:13.39, Inflammation Score:-5, Nutrition Score:15.325652202834%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 302.66kcal (15.13%), Fat: 7.12g (10.95%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 27.45g (9.98%), Sugar: 2.74g (3.05%), Cholesterol: 68.04mg (22.68%), Sodium: 552.88mg (24.04%), Alcohol: 0.39g (100%), Alcohol %: 0.21% (100%), Protein: 28.13g (56.26%), Selenium: 37.93µg (54.18%), Vitamin B6: 0.84mg (42.09%), Vitamin B3: 7.82mg (39.09%), Zinc: 4.84mg (32.27%), Phosphorus: 300.81mg (30.08%), Manganese: 0.44mg (22.24%), Vitamin B12: 1.04µg (17.37%), Potassium: 572.77mg (16.36%), Iron: 2.32mg (12.91%), Magnesium: 47.65mg (11.91%), Vitamin B2: 0.19mg (11.41%), Vitamin B5: 1.1mg (10.98%), Vitamin B1: 0.14mg (9.03%), Copper: 0.18mg (8.9%), Folate: 34.14µg (8.54%), Vitamin C: 5.25mg (6.36%), Fiber: 1.56g (6.23%), Calcium: 52.51mg (5.25%), Vitamin K: 3.77µg (3.59%), Vitamin E: 0.53mg (3.52%)