



HEALTH SCORE

58%

Ginger, Beef, and Green Bean Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 2 teaspoons sriracha (such as Lee Kum Kee)
- ☐ 2 cups rice white hot cooked
- ☐ 4 teaspoons cornstarch
- ☐ 2 teaspoons sesame oil dark divided
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 3 garlic cloves minced

- ☐ 5 cups cut green beans (2-inch) ()
- ☐ 0.8 cup green onion tops (2-inch)
- ☐ 0.3 cup green onions finely chopped
- ☐ 1 tablespoon hoisin sauce
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 pound rump steak boneless cut into 1/4-inch strips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a bowl, stirring well with a whisk. Set aside.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add 1/4 cup chopped green onions, ginger, and garlic to pan; saut 30 seconds.
- ☐ Add beef to pan, and saut for 4 minutes or until browned.
- ☐ Remove from pan.
- ☐ Wipe pan dry with a paper towel.
- ☐ Add remaining 1 teaspoon oil to pan; heat over medium-high heat.
- ☐ Add beans and pepper to pan. Cover and cook 3 minutes. Uncover and cook 3 minutes, stirring frequently.
- ☐ Add 3/4 cup green onion tops; saut 1 minute. Return beef mixture to pan. Stir in broth mixture; bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Remove from heat.
- ☐ Serve with rice.

Nutrition Facts



 PROTEIN **26.24%**  FAT **37.92%**  CARBS **35.84%**

Properties

Glycemic Index:74, Glycemic Load:27.75, Inflammation Score:-9, Nutrition Score:31.926956715791%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 468.72kcal (23.44%), Fat: 19.87g (30.57%), Saturated Fat: 7.3g (45.59%), Carbohydrates: 42.26g (14.09%), Net Carbohydrates: 36.37g (13.23%), Sugar: 8.49g (9.43%), Cholesterol: 63.62mg (21.21%), Sodium: 1102.23mg (47.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.86%), Vitamin K: 113.03µg (107.65%), Vitamin C: 70.05mg (84.91%), Vitamin B12: 3.35µg (55.85%), Vitamin A: 2364.74IU (47.29%), Vitamin B6: 0.89mg (44.55%), Manganese: 0.88mg (44.25%), Selenium: 28.36µg (40.52%), Phosphorus: 339.71mg (33.97%), Vitamin B3: 6.72mg (33.58%), Zinc: 4.79mg (31.96%), Vitamin B2: 0.47mg (27.71%), Iron: 4.79mg (26.63%), Potassium: 916.15mg (26.18%), Folate: 95.33µg (23.83%), Fiber: 5.89g (23.57%), Magnesium: 88.36mg (22.09%), Vitamin B1: 0.29mg (19.54%), Copper: 0.31mg (15.58%), Vitamin B5: 1.29mg (12.87%), Calcium: 99.71mg (9.97%), Vitamin E: 1.42mg (9.47%)