



# Ginger Beef Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**628 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup beef broth
- 1.5 pounds beef top sirloin steaks thinly sliced into 3-inch strips
- 0.8 cup carrots thinly sliced
- 4 servings rice hot cooked
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- 3 tablespoons cornstarch divided
- 1 teaspoon ground ginger

- 2 teaspoons orange zest grated
- 0.3 teaspoon salt
- 2 tablespoons soya sauce
- 2 tablespoons vegetable oil divided
- 2 tablespoons water

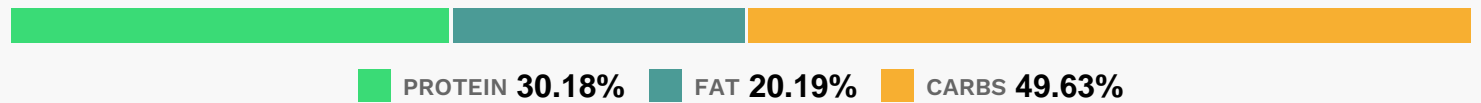
## Equipment

- bowl
- frying pan

## Directions

- In a large bowl, combine 2 tablespoons cornstarch, water and salt until smooth.
- Add beef; toss to coat.
- In a large skillet, stir-fry beef in batches in 1 tablespoon oil until meat reaches desired doneness; remove and keep warm. Stir-fry carrots in remaining oil for 5–6 minutes.
- Place remaining cornstarch in a bowl; stir in broth until smooth. add the soy sauce, orange peel and ginger. Return beef to skillet; stir in broth mixture. Bring to a boil. Cook and stir for 2 minutes or until thickened.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:97.21, Glycemic Load:72.56, Inflammation Score:-10, Nutrition Score:30.23521728101%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 628.13kcal (31.41%), Fat: 13.68g (21.04%), Saturated Fat: 3.51g (21.97%), Carbohydrates: 75.67g (25.22%), Net Carbohydrates: 73.74g (26.82%), Sugar: 1.43g (1.58%), Cholesterol: 100.36mg (33.45%), Sodium: 930.75mg (40.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.01g (92.03%), Selenium: 71.03µg (101.48%), Vitamin A: 4013.79IU (80.28%), Manganese: 1.39mg (69.56%), Vitamin B6: 1.35mg (67.46%), Vitamin B3: 12.95mg (64.76%), Zinc: 8.09mg (53.91%), Phosphorus: 488.6mg (48.86%), Vitamin B12: 1.63µg (27.17%), Potassium: 819.31mg (23.41%), Vitamin B5: 2.15mg (21.52%), Iron: 3.71mg (20.63%), Magnesium: 76.49mg (19.12%), Vitamin K: 17.55µg (16.71%), Copper: 0.33mg (16.25%), Vitamin B2: 0.27mg (16.1%), Vitamin B1: 0.2mg (13.23%), Folate: 36.67µg (9.17%), Vitamin E: 1.29mg (8.59%), Fiber: 1.92g (7.69%), Calcium: 76.16mg (7.62%), Vitamin C: 2.78mg (3.37%)