



## Ginger-Lime Beef Stir-Fry



Gluten Free



Dairy Free



Low Fod Map

READY IN



9 min.

SERVINGS



3

CALORIES



315 kcal

## Ingredients

- 1 tablespoon canola oil
- 0.3 teaspoon pepper red crushed
- 1 tablespoon ginger fresh grated peeled
- 2 tablespoons juice of lime fresh (1 lime)
- 1.5 teaspoons soya sauce low-sodium
- 12 ounces rump steak boneless cut into thin strips
- 1 tablespoon sugar

## Equipment

- bowl

frying pan

whisk

## Directions

Combine first 5 ingredients in a small bowl; stir well with a whisk.

Heat canola oil in a large nonstick skillet over medium-high heat.

Add steak; cook 4 minutes or until browned, stirring frequently.

Remove from heat; drizzle evenly with ginger-lime mixture.

Garnish with onions and lime wedges, if desired.

## Nutrition Facts

 **PROTEIN 30.64%** **FAT 62.33%** **CARBS 7.03%**

## Properties

Glycemic Index:28.36, Glycemic Load:2.85, Inflammation Score:-2, Nutrition Score:10.79695654952%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 314.66kcal (15.73%), Fat: 21.54g (33.14%), Saturated Fat: 7.17g (44.81%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.23g (4.69%), Cholesterol: 63.5mg (21.17%), Sodium: 154.51mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.83g (47.66%), Vitamin B12: 3.15µg (52.54%), Selenium: 18.81µg (26.87%), Zinc: 3.76mg (25.08%), Vitamin B6: 0.45mg (22.3%), Vitamin B3: 4.2mg (20.98%), Phosphorus: 204.16mg (20.42%), Iron: 2.37mg (13.15%), Vitamin B2: 0.21mg (12.63%), Potassium: 383.91mg (10.97%), Vitamin B1: 0.12mg (7.86%), Magnesium: 26.46mg (6.61%), Vitamin E: 0.92mg (6.12%), Copper: 0.1mg (5.04%), Vitamin C: 3.12mg (3.78%), Vitamin B5: 0.38mg (3.78%), Vitamin K: 3.57µg (3.4%), Folate: 9.21µg (2.3%), Manganese: 0.04mg (1.77%), Vitamin A: 54.42IU (1.09%)