



 **69%**
HEALTH SCORE

Gingered Beef Stir-Fry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup no-salt-added beef broth
- 1 teaspoon cornstarch
- 1 teaspoon sesame oil dark
- 1 teaspoon ground ginger
- 1 tablespoon soya sauce reduced-sodium
- 0.3 teaspoon pepper dried red crushed
- 0.5 pound rump steak boneless lean
- 9 ounce sugar snap peas frozen

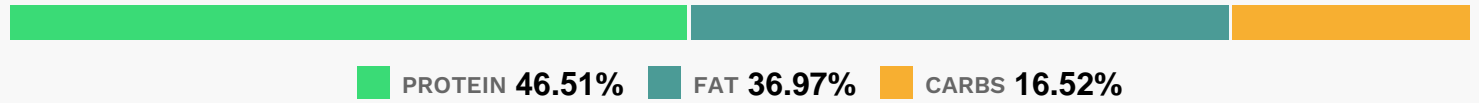
Equipment

- frying pan
- wok

Directions

- Combine first 5 ingredients; stir well.
- Coat a wok or large nonstick skillet with cooking spray; drizzle oil around top of wok, coating sides.
- Heat at medium-high (37
- until hot.
- Add steak, and stir-fry 2 minutes or until lightly browned.
- Add peas and broth mixture to wok; stir-fry 3 minutes or until thickened.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:27.808261010958%

Nutrients (% of daily need)

Calories: 292.71kcal (14.64%), Fat: 11.81g (18.16%), Saturated Fat: 3.64g (22.77%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 8.26g (3%), Sugar: 5.19g (5.77%), Cholesterol: 84.43mg (28.14%), Sodium: 706mg (30.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.41g (66.83%), Vitamin C: 84.18mg (102.04%), Vitamin B3: 10.43mg (52.15%), Selenium: 35.85µg (51.22%), Vitamin B6: 0.99mg (49.59%), Zinc: 5.96mg (39.7%), Manganese: 0.7mg (35.23%), Phosphorus: 348.97mg (34.9%), Vitamin K: 33.91µg (32.3%), Vitamin B12: 1.85µg (30.87%), Iron: 5.33mg (29.63%), Vitamin A: 1461.14IU (29.22%), Potassium: 773.13mg (22.09%), Vitamin B5: 1.89mg (18.9%), Vitamin B1: 0.28mg (18.46%), Folate: 73.45µg (18.36%), Magnesium: 68.72mg (17.18%), Vitamin B2: 0.29mg (17.12%), Fiber: 3.61g (14.44%), Copper: 0.23mg (11.32%), Calcium: 92.97mg (9.3%), Vitamin E: 1.03mg (6.85%)