



Korean Beef Stir-Fry



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound flank steak sliced thin
- ☐ 3 cloves garlic finely chopped
- ☐ 2 tablespoons rice wine dry white
- ☐ 4 scallions light white green finely chopped
- ☐ 1 teaspoon asian sesame oil
- ☐ 1 tablespoon sesame seed
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil

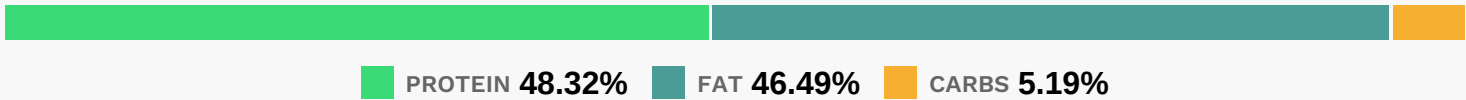
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Whisk soy sauce, rice wine, sesame oil and garlic in a large bowl.
- ☐ Add flank steak and toss to coat.
- ☐ Let stand 10 minutes.
- ☐ In large nonstick skillet or wok over high heat, warm oil until hot.
- ☐ Add flank steak and cook, stirring often, until it loses its pink color, 2 to 3 minutes. Stir in scallions and sesame seeds, stir-fry for 1 minute longer and serve.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:14.627391327982%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 224.45kcal (11.22%), Fat: 11.11g (17.09%), Saturated Fat: 3.16g (19.74%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.12g (0.77%), Sugar: 0.53g (0.59%), Cholesterol: 68.04mg (22.68%), Sodium: 565.74mg (24.6%), Alcohol: 0.77g (100%), Alcohol %: 0.65% (100%), Protein: 25.97g (51.94%), Selenium: 34.61µg (49.44%), Vitamin B3: 7.59mg (37.97%), Vitamin B6: 0.76mg (37.94%), Vitamin K: 32.66µg (31.1%), Zinc: 4.62mg (30.79%), Phosphorus:

262.58mg (26.26%), Vitamin B12: 1.03µg (17.2%), Iron: 2.49mg (13.82%), Potassium: 462.6mg (13.22%), Magnesium: 39.28mg (9.82%), Copper: 0.19mg (9.68%), Vitamin B2: 0.16mg (9.54%), Manganese: 0.17mg (8.61%), Vitamin B5: 0.77mg (7.75%), Vitamin B1: 0.11mg (7.62%), Folate: 26.12µg (6.53%), Calcium: 58.5mg (5.85%), Vitamin E: 0.69mg (4.63%), Vitamin C: 2.96mg (3.59%), Fiber: 0.67g (2.67%), Vitamin A: 120.02IU (2.4%)