



Kung Pao Beef



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



5

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bamboo skewers diced canned
- ☐ 2 teaspoons cornstarch
- ☐ 2 garlic clove finely chopped
- ☐ 1 teaspoon ginger finely chopped
- ☐ 2 to 2 chilies slit green hot seeded very thin cut into slices
- ☐ 2 medium spring onion
- ☐ 2 tablespoons sauce chinese
- ☐ 0.5 cup peanuts

- ☐ 1 medium bell pepper red cut into 3/4-inch squares
- ☐ 1 pound sirloin steak boneless
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon vegetable oil
- ☐ 2 tablespoons vegetable oil
- ☐ 0.1 teaspoon pepper white

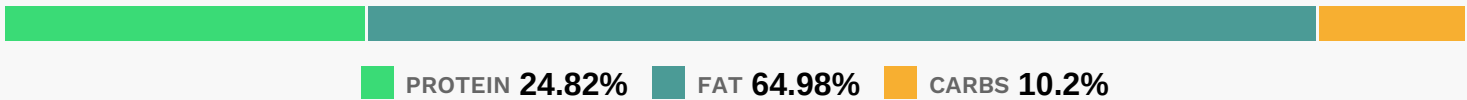
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Remove fat from beef.
- ☐ Cut beef into 3/4-inch cubes. Toss beef, 1 teaspoon oil, the cornstarch and white pepper in medium glass or plastic bowl. Cover and refrigerate 30 minutes.
- ☐ Heat wok or 12-inch skillet over high heat.
- ☐ Add 1 tablespoon of the 2 tablespoons oil; rotate wok to coat side.
- ☐ Add beef; stir-fry about 2 minutes or until beef is brown.
- ☐ Remove beef from wok.
- ☐ Add remaining 1 tablespoon oil; rotate wok to coat side.
- ☐ Add chilies, onions, bell pepper, garlic, gingerroot, brown sauce, bamboo shoots and sugar; stir fry 1 minute.
- ☐ Add beef; heat through.
- ☐ Sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:45.07, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:17.109130185583%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 372.2kcal (18.61%), Fat: 27.19g (41.83%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 6.7g (2.44%), Sugar: 4.23g (4.7%), Cholesterol: 50.8mg (16.93%), Sodium: 187.45mg (8.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.73%), Vitamin B12: 2.52µg (42.03%), Vitamin C: 34.32mg (41.6%), Vitamin B3: 5.92mg (29.58%), Vitamin B6: 0.5mg (25.23%), Vitamin K: 25.27µg (24.06%), Manganese: 0.48mg (24.04%), Selenium: 16.36µg (23.37%), Zinc: 3.48mg (23.22%), Phosphorus: 228.85mg (22.88%), Vitamin A: 807.07IU (16.14%), Iron: 2.67mg (14.83%), Vitamin B1: 0.21mg (14.12%), Folate: 55.81µg (13.95%), Potassium: 474.35mg (13.55%), Magnesium: 50.79mg (12.7%), Vitamin B2: 0.21mg (12.57%), Copper: 0.23mg (11.74%), Fiber: 2.9g (11.61%), Vitamin E: 1.02mg (6.83%), Vitamin B5: 0.64mg (6.41%), Calcium: 30.51mg (3.05%)