



Kung Pao Beef



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



5

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 pound sirloin steak boneless



1 teaspoon vegetable oil



2 teaspoons cornstarch



0.1 teaspoon pepper white



2 tablespoons vegetable oil



2 to 2 chilies slit green hot seeded very thin cut into slices



2 medium spring onion



1 medium bell pepper red cut into 3/4-inch squares

- ☐ 2 garlic clove finely chopped
- ☐ 1 teaspoon ginger finely chopped
- ☐ 2 tablespoons brown rice chinese
- ☐ 0.5 cup bamboo skewers diced canned
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup peanuts

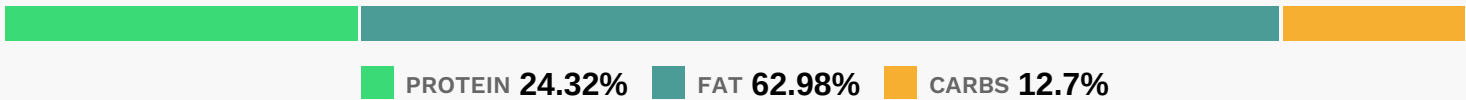
Equipment

- ☐ 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:56.82, Glycemic Load:3.82, Inflammation Score:-7, Nutrition Score:18.158695635588%

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: 386.29kcal (19.31%), Fat: 27.34g (42.06%), Saturated Fat: 7.6g (47.49%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 9.3g (3.38%), Sugar: 2.84g (3.16%), Cholesterol: 50.8mg (16.93%), Sodium: 115.68mg (5.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.75g (47.51%), Vitamin B12: 2.52µg (42.03%), Vitamin C: 34.32mg (41.6%), Manganese: 0.7mg (35.11%), Vitamin B3: 6.17mg (30.85%), Vitamin B6: 0.53mg (26.73%), Phosphorus: 244.46mg (24.45%), Vitamin K: 25.27µg (24.06%), Zinc: 3.6mg (24.01%), Selenium: 16.36µg (23.37%), Vitamin A: 807.07IU (16.14%), Vitamin B1: 0.24mg (15.75%), Iron: 2.78mg (15.42%), Magnesium: 59.25mg (14.81%), Folate: 56.99µg (14.25%), Potassium: 490.2mg (14.01%), Vitamin B2: 0.22mg (12.72%), Copper: 0.25mg (12.55%), Fiber: 3.1g (12.41%), Vitamin B5: 0.73mg (7.3%), Vitamin E: 1.02mg (6.83%), Calcium: 32.46mg (3.25%)