



Meat Jun

 Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounce boil-in-bag brown rice such as Success
- ☐ 2 tablespoons canola oil divided
- ☐ 2 tablespoons sesame oil dark
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves minced

- ☐ 1 green onion sliced
- ☐ 4 green onions sliced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 teaspoon rice vinegar
- ☐ 1 teaspoon sesame oil
- ☐ 2 teaspoons sesame seed toasted
- ☐ 1 pound beef top sirloin steaks

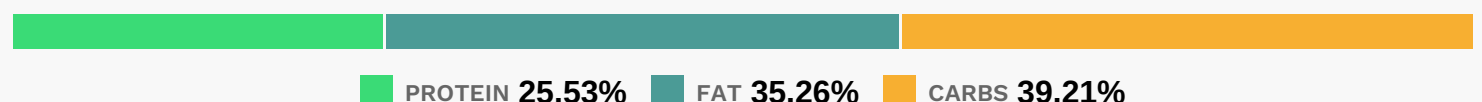
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Cut steak diagonally across grain into 1/4-inch-thick slices.
- ☐ Combine steak and next 4 ingredients in a large zip-top plastic bag; seal bag, and chill at least 1 hour.
- ☐ Remove steak from bag; discard marinade.
- ☐ Combine 1/4 cup soy sauce and next 5 ingredients; set aside.
- ☐ Cook rice according to package directions, omitting salt and fat; drain.
- ☐ Lightly beat eggs and egg whites in a medium bowl. Dredge steak strips in flour; dip in beaten egg (do not return steak to flour).
- ☐ Heat 1 tablespoon oil in a large nonstick skillet.
- ☐ Add steak, in batches, and cook 2 minutes on each side or until golden, adding 1 teaspoon additional oil to pan for each batch.
- ☐ Serve steak with sauce and rice.

Nutrition Facts



Properties

Glycemic Index:57.13, Glycemic Load:23.08, Inflammation Score:-5, Nutrition Score:20.353913016941%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 406.03kcal (20.3%), Fat: 15.71g (24.17%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 39.3g (13.1%), Net Carbohydrates: 37.31g (13.57%), Sugar: 0.49g (0.54%), Cholesterol: 106.6mg (35.53%), Sodium: 470.34mg (20.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.59g (51.18%), Manganese: 1.46mg (73.09%), Selenium: 36.46µg (52.08%), Vitamin B3: 7.48mg (37.38%), Vitamin B6: 0.73mg (36.29%), Phosphorus: 326.21mg (32.62%), Zinc: 4.21mg (28.08%), Vitamin K: 25.71µg (24.48%), Vitamin B1: 0.34mg (22.74%), Magnesium: 83.39mg (20.85%), Vitamin B2: 0.34mg (20.2%), Iron: 3.25mg (18.07%), Folate: 65.08µg (16.27%), Vitamin B12: 0.87µg (14.48%), Potassium: 490.33mg (14.01%), Vitamin B5: 1.38mg (13.84%), Copper: 0.23mg (11.61%), Vitamin E: 1.39mg (9.26%), Fiber: 1.99g (7.96%), Calcium: 59.65mg (5.96%), Vitamin A: 189.9IU (3.8%), Vitamin C: 2.35mg (2.85%), Vitamin D: 0.33µg (2.22%)