



 **37%**
HEALTH SCORE

Mongolian Beef

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



6

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup chicken stock see
- 3 tablespoons chili oil hot
- 1.5 tablespoons cornstarch
- 1 tablespoon sherry dry
- 1 pound flank steak thinly sliced (see Cook's Note)
- 2 tablespoons garlic chopped
- 2 spring onion cut into thin slivers 2 inches long

- 2 tablespoons hoisin sauce
- 1 tablespoon oyster sauce
- 2 tablespoons vegetable oil; peanut oil preferred
- 2 teaspoons pepper red crushed
- 1 teaspoon salt
- 2 teaspoons soya sauce
- 2 teaspoons sugar
- 1 bunch swiss chard rinsed cut into 1/2 inch slices

Equipment

- bowl
- whisk
- wok

Directions

- Whisk the chicken stock and cornstarch in a freezer safe bowl until smooth; whisk in the hot chili oil, hoisin sauce, oyster sauce, sherry, sugar, soy sauce, and crushed red pepper flakes.
- Place the beef into the sauce, stir to coat well. Cover and freeze until frozen, about 1 hour.
- Remove from the freezer and allow to defrost, about 30 minutes.
- Heat a wok over high heat until very hot, and pour in the peanut oil. Immediately add garlic, cook and stir in the hot oil until fragrant, about 15 seconds.
- Mix in the Swiss chard and green onions; cook and stir the vegetables until they turn bright green, about 3 minutes, and then remove from the wok.
- Pour the defrosted beef mixture into the hot wok; cook and stir until the meat browns and the sauce forms a glaze, 3 to 5 minutes. Return the cooked vegetables to the wok, sprinkle with salt and pepper, mix to combine well; serve hot.

Nutrition Facts



Properties

Glycemic Index:37.68, Glycemic Load:1.62, Inflammation Score:-9, Nutrition Score:19.819565337637%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 256.41kcal (12.82%), Fat: 15.98g (24.59%), Saturated Fat: 3.42g (21.39%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 8.39g (3.05%), Sugar: 3.72g (4.13%), Cholesterol: 45.82mg (15.27%), Sodium: 840.97mg (36.56%), Alcohol: 0.26g (100%), Protein: 18.13g (36.26%), Vitamin K: 429.38µg (408.93%), Vitamin A: 3296.86IU (65.94%), Selenium: 23.83µg (34.04%), Vitamin B6: 0.57mg (28.59%), Vitamin B3: 5.37mg (26.86%), Vitamin E: 3.2mg (21.35%), Zinc: 3.2mg (21.33%), Vitamin C: 16.63mg (20.16%), Phosphorus: 192.1mg (19.21%), Magnesium: 62.65mg (15.66%), Manganese: 0.29mg (14.72%), Potassium: 507.85mg (14.51%), Iron: 2.48mg (13.78%), Vitamin B12: 0.7µg (11.67%), Vitamin B2: 0.17mg (10.11%), Copper: 0.18mg (9.23%), Vitamin B5: 0.6mg (6.01%), Vitamin B1: 0.09mg (5.94%), Fiber: 1.41g (5.62%), Folate: 22.23µg (5.56%), Calcium: 55.61mg (5.56%)