



Mongolian Beef

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce chicken broth canned
- 4 servings rice hot cooked
- 2 tablespoons cornstarch
- 2 tablespoons sesame oil dark
- 2 bunches spring onion
- 2 tablespoons hoisin sauce
- 0.3 cup soya sauce
- 2 pounds beef top sirloin steaks boneless cut into thin slices

3 tablespoons vegetable oil divided

Equipment

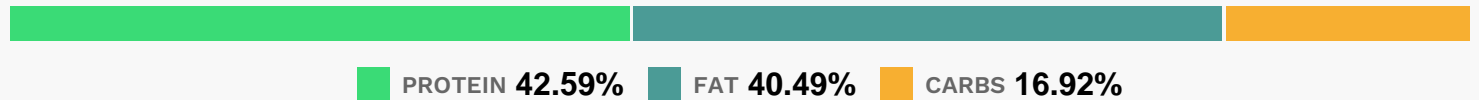
frying pan

wok

Directions

- Stir together first 5 ingredients until mixture is smooth.
- Heat 1 1/2 tablespoons vegetable oil in a large skillet or wok over medium-high heat 2 minutes.
- Add beef, in batches, and stir-fry 8 minutes or until no longer pink.
- Remove from skillet; set aside.
- Pour remaining 1 1/2 tablespoons vegetable oil in skillet; heat 2 minutes.
- Add green onions, and stir-fry 5 minutes or until tender.
- Return beef to skillet; stir-fry 2 minutes or until heated.
- Serve immediately over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:24.2, Inflammation Score:-6, Nutrition Score:33.040869648042%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 778.28kcal (38.91%), Fat: 34.08g (52.44%), Saturated Fat: 7.94g (49.61%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 31.04g (11.29%), Sugar: 2.75g (3.06%), Cholesterol: 185.43mg (61.81%), Sodium: 1564.98mg (68.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.65g (161.3%), Selenium: 95.13µg (135.9%), Vitamin B3: 18.18mg (90.92%), Vitamin B6: 1.73mg (86.71%), Zinc: 12.17mg (81.1%), Phosphorus: 696.59mg (69.66%), Vitamin B12: 3.16µg (52.66%), Vitamin K: 49.45µg (47.09%), Iron: 5.77mg (32.05%), Potassium: 1068.05mg (30.52%), Manganese: 0.51mg (25.59%), Vitamin B2: 0.43mg (25.54%), Magnesium: 91.41mg (22.85%),

Vitamin B5: 1.86mg (18.6%), Copper: 0.32mg (16.12%), Vitamin E: 2.02mg (13.44%), Vitamin B1: 0.2mg (13.42%), Folate: 46.04µg (11.51%), Calcium: 86.36mg (8.64%), Vitamin A: 302.02IU (6.04%), Fiber: 1g (4.02%), Vitamin C: 2.29mg (2.77%)