



Mongolian Beef



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chile paste with garlic (such as sambal oelek)
- ☐ 1 teaspoon cornstarch
- ☐ 2 teaspoons cooking sherry dry
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon garlic fresh minced
- ☐ 16 medium green onions cut into 2-inch pieces
- ☐ 2 teaspoons hoisin sauce
- ☐ 2 tablespoons lower-sodium soy sauce

- ☐ 2 teaspoons vegetable oil; peanut oil preferred
- ☐ 1 teaspoon rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 pound rump steak thinly sliced
- ☐ 1 teaspoon sugar

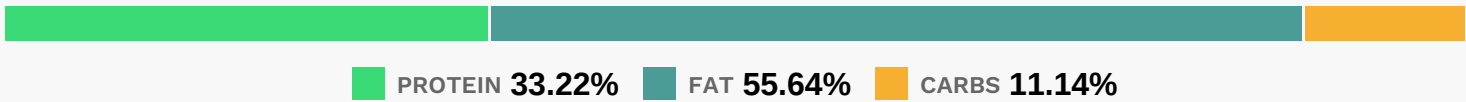
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 8 ingredients, stirring until smooth.
- ☐ Heat peanut oil in a large nonstick skillet over medium-high heat.
- ☐ Add minced ginger, minced garlic, and beef; saut for 2 minutes or until beef is browned.
- ☐ Add green onion pieces; saut 30 seconds.
- ☐ Add soy sauce mixture; cook 1 minute or until thickened, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:1.85, Inflammation Score:-7, Nutrition Score:18.726086968961%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg 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 Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 311.29kcal (15.56%), Fat: 19.04g (29.29%), Saturated Fat: 7.19g (44.95%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 6.82g (2.48%), Sugar: 3.17g (3.52%), Cholesterol: 63.56mg (21.19%), Sodium: 537.6mg (23.37%),

Alcohol: 0.26g (100%), Alcohol %: 0.17% (100%), Protein: 25.58g (51.16%), Vitamin K: 124.28µg (118.37%), Vitamin B12: 3.15µg (52.54%), Selenium: 19.49µg (27.84%), Zinc: 4.06mg (27.06%), Vitamin B6: 0.51mg (25.62%), Phosphorus: 238.42mg (23.84%), Vitamin B3: 4.6mg (22.98%), Iron: 3.36mg (18.68%), Vitamin B2: 0.28mg (16.46%), Potassium: 568.31mg (16.24%), Vitamin C: 12.2mg (14.79%), Folate: 49.59µg (12.4%), Vitamin A: 600.99IU (12.02%), Magnesium: 42.36mg (10.59%), Vitamin B1: 0.16mg (10.36%), Manganese: 0.19mg (9.57%), Copper: 0.16mg (7.9%), Fiber: 1.76g (7.04%), Calcium: 57.6mg (5.76%), Vitamin E: 0.69mg (4.61%), Vitamin B5: 0.44mg (4.4%)