



Mongolian Beef



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup beef broth



1 tablespoon brown sugar



1 tablespoon cornstarch



1 clove garlic grated



1 teaspoon ginger grated



0.3 cup green onion sliced



1 tablespoon hoisin sauce



1 teaspoon chill sauce such as sambal oelek

- ☐ 1 tablespoon oil
- ☐ 1 teaspoon sesame oil
- ☐ 3 tablespoons soya sauce
- ☐ 1 pound fat-trimmed beef flank steak sliced (sirloin or flank)

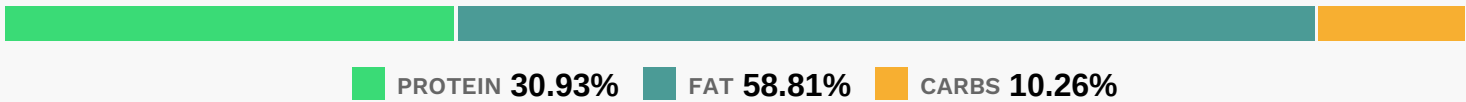
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium-high heat, add the beef and saute until just cooked, about 2-4 minutes.
- ☐ Add the mixture of the soy sauce, hoisin sauce, brown sugar, chili sauce, garlic, ginger and the mixture of the cornstarch and water to the pan and cook until it thickens a bit, about a minute.
- ☐ Remove from heat, mix in the sesame oil and serve over white rice or noodles, quinoa, etc. garnished with the green onions.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:12.21956518422%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 333.89kcal (16.69%), Fat: 21.52g (33.11%), Saturated Fat: 7.26g (45.41%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 8.02g (2.91%), Sugar: 4.68g (5.2%), Cholesterol: 63.62mg (21.21%), Sodium: 971.76mg (42.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.93%), Vitamin B12: 3.17µg (52.77%), Selenium: 19.27µg (27.53%), Zinc: 3.83mg (25.51%), Vitamin B3: 4.9mg (24.49%), Vitamin B6: 0.48mg (23.88%), Phosphorus: 222.99mg (22.3%), Iron: 2.81mg (15.63%), Vitamin K: 15.6µg (14.86%), Vitamin B2: 0.24mg (14.32%), Potassium:

420.96mg (12.03%), Vitamin B1: 0.13mg (8.47%), Magnesium: 31.42mg (7.86%), Copper: 0.12mg (6.19%), Manganese: 0.12mg (6.05%), Vitamin E: 0.67mg (4.49%), Vitamin B5: 0.42mg (4.23%), Folate: 14.66µg (3.67%), Calcium: 20.45mg (2.05%), Vitamin C: 1.45mg (1.76%), Fiber: 0.43g (1.71%), Vitamin A: 62.62IU (1.25%)