



## Mongolian Beef Skillet



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 lb flank steak trimmed of fat cut into thin slices
- ☐ 1 serving pam original flavor shopping list
- ☐ 0.3 cup hoisin sauce
- ☐ 2 tablespoons water
- ☐ 2 teaspoons ginger finely chopped
- ☐ 1 teaspoon roasted garlic (from 10-oz jar)
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.5 teaspoon pepper red crushed

☐

4 spring onion cut into 1-inch pieces

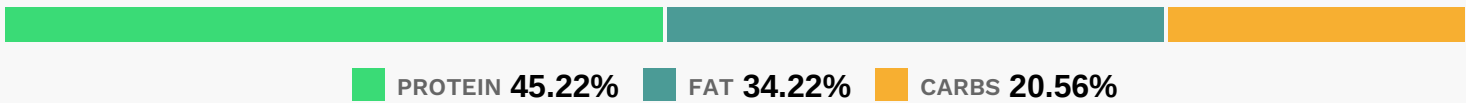
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Heat 12-inch nonstick skillet over medium-high heat. Spray beef with cooking spray; add to skillet. Cook 3 minutes, stirring occasionally, until browned.
- ☐ Meanwhile, in small bowl, mix hoisin sauce, water, gingerroot, garlic, oil and pepper flakes.
- ☐ Add sauce mixture and onions to steak; cook 1 to 2 minutes or until beef is desired doneness and sauce is slightly reduced (do not overcook).
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:13.763478175454%

## Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 230.11kcal (11.51%), Fat: 8.54g (13.13%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 10.47g (3.81%), Sugar: 6.58g (7.31%), Cholesterol: 68.73mg (22.91%), Sodium: 438.02mg (19.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.76%), Selenium: 34.1µg (48.72%), Vitamin B3: 7.43mg (37.17%), Vitamin B6: 0.72mg (36.19%), Zinc: 4.49mg (29.91%), Vitamin K: 26.87µg (25.59%), Phosphorus: 244.45mg (24.44%), Vitamin B12: 1.03µg (17.2%), Potassium: 459.11mg (13.12%), Iron: 2.22mg (12.32%), Vitamin B2: 0.19mg (11.37%), Magnesium: 33.91mg (8.48%), Vitamin B5: 0.75mg (7.48%), Folate: 27.9µg (6.97%), Copper: 0.13mg (6.51%), Vitamin B1: 0.09mg (6.1%), Manganese: 0.11mg (5.45%), Fiber: 1.08g (4.31%), Calcium: 42.35mg (4.24%), Vitamin E: 0.59mg (3.9%), Vitamin A: 195.21IU (3.9%), Vitamin C: 2.63mg (3.19%)