



HEALTH SCORE

51%

Mongolian Hot Pot



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bok choy thinly sliced
- ☐ 1 cup carrots ()
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 teaspoons sesame oil dark divided
- ☐ 8 ounces flank steak thinly sliced cut into 1 1/2-inch lengths
- ☐ 2.5 tablespoons ginger fresh grated peeled
- ☐ 2 large garlic clove minced
- ☐ 0.5 cup spring onion thinly sliced

- ☐ 2 tablespoons hoisin sauce
- ☐ 28 ounce beef broth canned
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 1 tablespoon rice vinegar
- ☐ 2 ounces mushroom caps thinly sliced
- ☐ 4 ounces soba noodles uncooked (buckwheat)
- ☐ 2 cups water hot

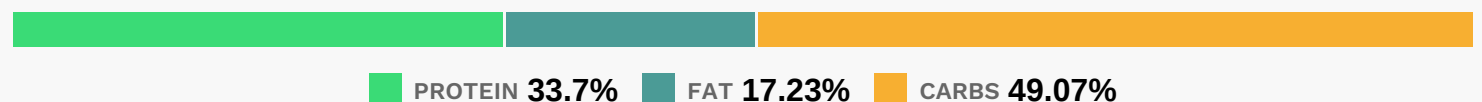
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine the first 5 ingredients in a large zip-top plastic bag, and seal. Marinate in refrigerator 2 1/2 hours, turning bag occasionally.
- ☐ Heat a small Dutch oven over high heat. Coat pan with cooking spray.
- ☐ Add beef mixture to pan; stir-fry 1 minute or until browned.
- ☐ Remove beef mixture from pan; set aside.
- ☐ Add bok choy, mushrooms, carrot, and green onions to pan; stir-fry 2 minutes or until bok choy begins to wilt.
- ☐ Add water, hoisin, and broth; bring to a boil. Stir in noodles. Reduce heat; simmer 5 minutes or until noodles are done. Stir in beef mixture and vinegar. Ladle 1 1/2 cups soup into each of 6 bowls; drizzle each serving with 1/4 teaspoon sesame oil.

Nutrition Facts



Properties

Glycemic Index:43.06, Glycemic Load:8.5, Inflammation Score:-10, Nutrition Score:19.756087137305%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 3.44mg, Kaempferol: 3.44mg, Kaempferol: 3.44mg, Kaempferol: 3.44mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 176.16kcal (8.81%), Fat: 3.52g (5.42%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 20.49g (7.45%), Sugar: 3.87g (4.3%), Cholesterol: 22.84mg (7.61%), Sodium: 762.62mg (33.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Vitamin A: 7049.9IU (141%), Vitamin K: 55.19µg (52.56%), Vitamin C: 37.32mg (45.24%), Vitamin B6: 0.51mg (25.68%), Manganese: 0.5mg (24.82%), Potassium: 794.53mg (22.7%), Vitamin B3: 4.12mg (20.6%), Folate: 80.71µg (20.18%), Phosphorus: 187.22mg (18.72%), Selenium: 12.45µg (17.79%), Zinc: 2.19mg (14.59%), Magnesium: 54.15mg (13.54%), Iron: 2.1mg (11.66%), Vitamin B1: 0.17mg (11.57%), Calcium: 115.54mg (11.55%), Vitamin B2: 0.19mg (11.04%), Fiber: 2.1g (8.4%), Copper: 0.15mg (7.48%), Vitamin B5: 0.72mg (7.25%), Vitamin B12: 0.34µg (5.73%), Vitamin E: 0.46mg (3.04%)