



Orange Beef

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons bottled garlic minced
- 2 cups broccoli florets
- 8 ounce water chestnuts drained sliced canned
- 0.5 cup carrots diagonally sliced
- 1 teaspoon cornstarch
- 0.1 teaspoon pepper red crushed
- 1 teaspoon sesame oil dark
- 1 pound flank steak

- 1 tablespoon ginger fresh minced peeled
- 5.3 ounce bag) rice instant uncooked (such as Success)
- 2 tablespoons juice of lemon
- 1 tablespoon soya sauce low-sodium
- 3 tablespoons orange juice
- 2 teaspoons orange rind grated
- 1 tablespoon rice vinegar
- 0.3 teaspoon salt
- 2 tablespoons cooking sherry
- 1 teaspoon vegetable oil

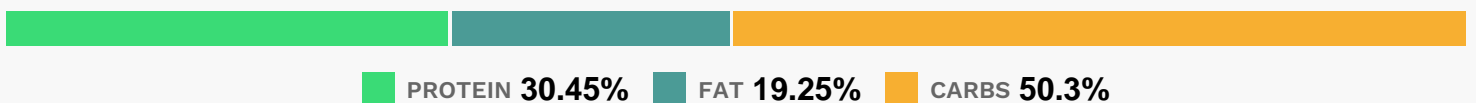
Equipment

- frying pan

Directions

- Cook rice according to package directions, and keep warm.
- Combine orange juice and next 5 ingredients (orange juice through pepper); set aside.
- Trim fat from steak, and cut into thin slices.
- Heat oil in a large nonstick skillet until hot.
- Add ginger, orange rind, and garlic; saute for 3 minutes or until lightly browned.
- Add beef, lemon juice, sherry, and soy sauce; stir-fry for 2 minutes.
- Add broccoli, carrot, and water chestnuts; stir-fry 3 minutes or until crisp tender. Stir in orange juice mixture; stir-fry 2 minutes.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:19.98, Inflammation Score:-9, Nutrition Score:26.864347913991%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.64mg, Hesperetin: 2.64mg, Hesperetin: 2.64mg, Hesperetin: 2.64mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 400.92kcal (20.05%), Fat: 8.39g (12.91%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 49.33g (16.44%), Net Carbohydrates: 44.71g (16.26%), Sugar: 5.17g (5.74%), Cholesterol: 68.04mg (22.68%), Sodium: 386.57mg (16.81%), Alcohol: 0.77g (100%), Alcohol %: 0.31% (100%), Protein: 29.87g (59.73%), Vitamin C: 54.17mg (65.66%), Vitamin A: 3005.33IU (60.11%), Selenium: 41.32µg (59.03%), Vitamin B6: 1.04mg (52.25%), Vitamin K: 52.45µg (49.95%), Vitamin B3: 8.58mg (42.91%), Zinc: 5.4mg (36%), Manganese: 0.71mg (35.26%), Phosphorus: 340.29mg (34.03%), Potassium: 802.17mg (22.92%), Iron: 3.38mg (18.77%), Fiber: 4.62g (18.49%), Vitamin B12: 1.03µg (17.2%), Vitamin B5: 1.6mg (15.96%), Folate: 62.27µg (15.57%), Copper: 0.31mg (15.26%), Vitamin B2: 0.25mg (14.89%), Magnesium: 57.37mg (14.34%), Vitamin B1: 0.18mg (12.15%), Vitamin E: 1.44mg (9.63%), Calcium: 74.99mg (7.5%)