



Orange Beef Stir-Fry

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rice long-grain cooked (without salt or fat)
- 1 pound flank steak lean
- 3 tablespoons hoisin sauce
- 11 ounce mandarin oranges in syrup light undrained canned
- 0.5 cup low-sugar orange marmalade
- 0.3 teaspoon salt
- 2 teaspoons sesame oil divided
- 12 ounce snow peas frozen

Equipment

- bowl
- frying pan
- paper towels
- wok

Directions

- Trim fat from steak. Slice steak diagonally across grain into thin strips; set aside.
- Drain oranges, reserving 2 tablespoons juice. Set oranges aside. Discard remaining juice.
- Combine reserved 2 tablespoons juice, marmalade, and hoisin sauce in a small bowl; set aside.
- Coat a wok or large nonstick skillet with cooking spray; drizzle 1 teaspoon oil around top of wok, coating sides.
- Heat at medium-high (37
- until hot.
- Add steak strips, and stir-fry 6 minutes.
- Remove steak strips from wok; drain and pat dry with paper towels.
- Drizzle remaining 1 teaspoon oil around top of wok, coating sides.
- Add snow peas; stir-fry 4 minutes.
- Add steak strips and salt.
- Stir in marmalade mixture and oranges. Bring to a boil, and stir-fry 1 minute or until thoroughly heated.
- Serve over rice.
- Sprinkle with red pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:27.68, Inflammation Score:-8, Nutrition Score:25.543913198554%

Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg

Nutrients (% of daily need)

Calories: 477.58kcal (23.88%), Fat: 8.71g (13.4%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 70.86g (23.62%), Net Carbohydrates: 66.31g (24.11%), Sugar: 38.98g (43.31%), Cholesterol: 68.4mg (22.8%), Sodium: 427.99mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.96g (59.91%), Vitamin C: 73.81mg (89.47%), Selenium: 40.51µg (57.87%), Vitamin B6: 0.97mg (48.57%), Vitamin B3: 8.34mg (41.71%), Zinc: 5.07mg (33.79%), Manganese: 0.66mg (33.11%), Phosphorus: 329.86mg (32.99%), Vitamin A: 1480.91IU (29.62%), Iron: 3.97mg (22.07%), Vitamin K: 22.95µg (21.86%), Potassium: 742.96mg (21.23%), Vitamin B5: 1.84mg (18.43%), Fiber: 4.55g (18.19%), Vitamin B1: 0.27mg (18.18%), Folate: 71.67µg (17.92%), Vitamin B12: 1.03µg (17.2%), Magnesium: 67.88mg (16.97%), Vitamin B2: 0.27mg (16.05%), Copper: 0.29mg (14.43%), Calcium: 116.26mg (11.63%), Vitamin E: 0.93mg (6.22%)