



Pineapple, beef & ginger stir-fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g rump steak thinly sliced
- ☐ 3 tbsp soya sauce
- ☐ 2 tbsp brown sugar soft
- ☐ 1 tbsp chilli sauce
- ☐ 1 tbsp rice vinegar
- ☐ 2 tsp vegetable oil
- ☐ 1 piece ginger cut into fine matchsticks
- ☐ 4 spring onion cut into 3cm lengths

- ☐ 200 g pineapple cut into chunks
- ☐ 1 handful cilantro leaves

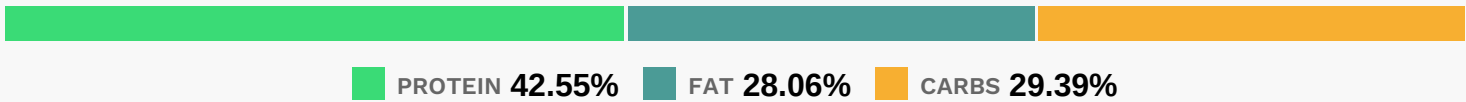
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix the steak, soy sauce, sugar, chilli sauce and vinegar together, and set aside for 10 mins.
- ☐ Heat a wok with 1 tsp of the oil. Lift the steak from the marinade and sear, in batches, then remove.
- ☐ Add a bit more oil and fry the ginger until golden.
- ☐ Add the spring onions and pineapple, and return the steak to the pan. Stir to heat through for 1 min, then add any remaining marinade. Keep stirring until the marinade becomes thick and everything is hot.
- ☐ Serve sprinkled with coriander, and with rice and greens, if you like.

Nutrition Facts



Properties

Glycemic Index:101.33, Glycemic Load:7.51, Inflammation Score:-7, Nutrition Score:32.656956511995%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 451.37kcal (22.57%), Fat: 14.02g (21.57%), Saturated Fat: 4.13g (25.82%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 30.62g (11.13%), Sugar: 26.65g (29.61%), Cholesterol: 122mg (40.67%), Sodium: 1716.94mg (74.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.83g (95.65%), Vitamin B3: 16.59mg (82.97%), Selenium: 51.68µg (73.83%), Vitamin B6: 1.4mg (69.81%), Vitamin C: 53.03mg (64.28%), Vitamin K: 67.46µg (64.25%), Manganese: 1.16mg (57.82%), Zinc: 8.64mg (57.57%), Phosphorus: 464.91mg (46.49%), Vitamin B12:

2.38µg (39.67%), Potassium: 957.53mg (27.36%), Iron: 4.69mg (26.07%), Magnesium: 76.78mg (19.19%), Vitamin B2: 0.31mg (18.27%), Vitamin B5: 1.67mg (16.71%), Copper: 0.33mg (16.54%), Folate: 65.96µg (16.49%), Vitamin B1: 0.23mg (15.49%), Calcium: 103.99mg (10.4%), Fiber: 2.42g (9.67%), Vitamin A: 432.24IU (8.64%), Vitamin E: 1.24mg (8.26%), Vitamin D: 0.2µg (1.33%)