



Quick and Easy Stir-Fry Beef

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

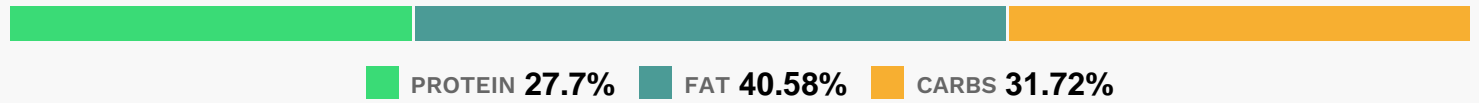
Ingredients

- 8 ounce water chestnuts sliced canned
- 2 teaspoons cornstarch
- 8 ounces flank steak
- 2 slices ginger
- 2 stalks spring onion chopped
- 1 tablespoon olive oil
- 2 cups snow peas
- 0.5 teaspoon salt

- 1 tablespoon sesame oil
- 2 tablespoons soya sauce
- 1 teaspoon sugar
- 1 tablespoon vinegar
- 1 tablespoon water

Equipment

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:14.081304347826%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 220.86kcal (11.04%), Fat: 10.02g (15.41%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 13.87g (5.04%), Sugar: 5.45g (6.05%), Cholesterol: 34.02mg (11.34%), Sodium: 833.77mg (36.25%), Protein: 15.38g (30.76%), Vitamin C: 31.71mg (38.44%), Vitamin B6: 0.59mg (29.27%), Vitamin K: 28.1µg (26.77%), Selenium: 17.86µg (25.52%), Vitamin B3: 4.54mg (22.69%), Zinc: 2.71mg (18.04%), Phosphorus: 172.06mg (17.21%), Iron: 3mg (16.67%), Fiber: 3.74g (14.97%), Manganese: 0.28mg (13.87%), Potassium: 435.69mg (12.45%), Vitamin A: 592.45IU (11.85%), Folate: 38.62µg (9.66%), Copper: 0.19mg (9.48%), Vitamin E: 1.39mg (9.24%), Vitamin B5: 0.89mg (8.9%), Vitamin B1: 0.13mg (8.85%), Vitamin B12: 0.52µg (8.6%), Magnesium: 34.11mg (8.53%), Vitamin B2: 0.14mg (8.53%), Calcium: 43.26mg (4.33%)