



Rice Bowl with Sauced Beef

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 0.8 pound fat-trimmed tender beef cooked thinly sliced such as ribeye or tenderloin
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.3 cup asian peanut sauce prepared
- ☐ 5 servings asian peanut sauce to taste
- ☐ 6 tablespoons asian peanut sauce prepared
- ☐ 4 cups precooked rice dried white
- ☐ 4 cups water

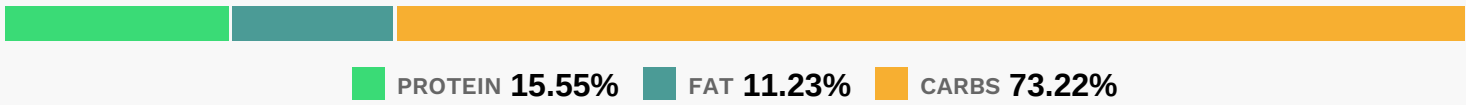
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 2- to 3-quart pan over high heat, bring 4 cups water and 1/4 cup prepared Asian peanut sauce to a boil. Stir in 4 cups precooked dried white rice and 1 cup shredded carrots. Cover, remove from heat, and let stand until liquid is absorbed, 5 to 7 minutes.
- ☐ Meanwhile, in a bowl, mix 3/4 pound thinly sliced fat-trimmed cooked tender beef (such as ribeye or tenderloin) and 6 tablespoons prepared Asian peanut sauce.
- ☐ Spoon rice into bowls and top equally with sliced beef and 1/2 cup thinly sliced green onions.
- ☐ Add more prepared Asian peanut sauce to taste.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:72.19, Inflammation Score:-10, Nutrition Score:23.403913070326%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 728.04kcal (36.4%), Fat: 8.77g (13.5%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 128.7g (42.9%), Net Carbohydrates: 125.8g (45.75%), Sugar: 7.02g (7.8%), Cholesterol: 42.18mg (14.06%), Sodium: 512.66mg (22.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.68%), Vitamin A: 4376.44IU (87.53%), Manganese: 1.67mg (83.48%), Selenium: 34.27µg (48.96%), Zinc: 5.2mg (34.64%), Vitamin B3: 6.41mg (32.05%), Phosphorus: 317.58mg (31.76%), Vitamin B6: 0.55mg (27.54%), Vitamin B12: 1.52µg (25.4%), Vitamin K: 24.43µg (23.27%), Copper: 0.43mg (21.4%), Vitamin B5: 2.01mg (20.15%), Iron: 3.03mg (16.82%), Magnesium: 58.93mg (14.73%), Potassium: 515.13mg (14.72%), Vitamin B2: 0.2mg (12.05%), Fiber: 2.9g (11.6%), Vitamin B1: 0.15mg (10.26%), Calcium: 68.89mg (6.89%), Folate: 26.51µg (6.63%), Vitamin C: 3.39mg (4.11%), Vitamin E: 0.58mg (3.85%)