



Round 2 - Beef and Cabbage Stir Fry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup canola oil plus more for grill
- ☐ 2 tablespoons canola oil
- ☐ 3 cups rice white cooked
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons ginger fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 cup soya sauce light

- ☐ 1 tablespoon juice of lime
- ☐ 2.5 pounds london broil
- ☐ 4 servings 1 onion cut into 1-inch pieces
- ☐ 0.3 head cabbage red thinly sliced
- ☐ 1 scallion chopped for garnish
- ☐ 4 scallions thinly sliced

Equipment

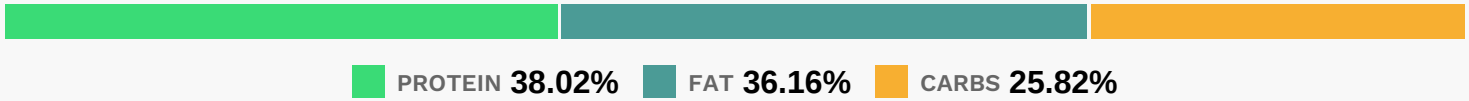
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Special equipment: 24 bamboo skewers, soaked in water 20 minutes
- ☐ Heat the canola oil in a large skillet over high heat.
- ☐ Toss the beef strips and marinade with the cornstarch.
- ☐ Add the onions to the skillet and cook 2 minutes.
- ☐ Add the beef and marinade and cook 2 minutes.
- ☐ Add the cabbage and cook until the cabbage has softened and the beef is cooked, about 2 minutes.
- ☐ Remove from the heat and serve over top of the rice.
- ☐ Garnish with chopped scallions.
- ☐ Slice the beef against the grain into 1/2-inch wide strips and place into a large resealable bag. In a bowl, whisk together the soy sauce, oil, lime juice, brown sugar, garlic and ginger.
- ☐ Pour the marinade into the bag over the beef. Seal the bag and toss to coat completely.

- ☐ Place the bag into a large bowl and put into the refrigerator to marinate for at least 1 hour or as long as overnight.
- ☐ To serve: Preheat a grill or grill pan over medium–high heat. Thread 24 of the beef strips onto the skewers. Oil the grill gates and place the beef on the grill. If desired, reserve the remaining beef strips and marinade for another use, such as Round 2 Recipe Beef and Cabbage Stir Fry. Cook the skewers 2 to 3 minute per side.
- ☐ Remove from the heat, place on a serving platter and sprinkle with the scallions.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:38.49, Inflammation Score:-8, Nutrition Score:43.742608733799%

Flavonoids

Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg

Nutrients (% of daily need)

Calories: 785.04kcal (39.25%), Fat: 31.1g (47.85%), Saturated Fat: 4.95g (30.96%), Carbohydrates: 49.94g (16.65%), Net Carbohydrates: 46.74g (17%), Sugar: 8.25g (9.16%), Cholesterol: 172.93mg (57.64%), Sodium: 1822.71mg (79.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.57g (147.15%), Selenium: 100.52µg (143.6%), Vitamin B6: 2.3mg (115.04%), Vitamin B3: 21.51mg (107.55%), Zinc: 13.95mg (93.02%), Phosphorus: 764.33mg (76.43%), Vitamin K: 69.73µg (66.4%), Vitamin B12: 3.83µg (63.79%), Manganese: 1mg (49.83%), Vitamin C: 38.42mg (46.57%), Potassium: 1428.09mg (40.8%), Iron: 7.33mg (40.72%), Vitamin B2: 0.54mg (31.87%), Vitamin E: 4.71mg (31.39%), Magnesium: 114.99mg (28.75%), Vitamin B5: 2.67mg (26.72%), Vitamin B1: 0.38mg (25.43%), Copper: 0.48mg (23.84%), Folate: 78.51µg (19.63%), Vitamin A: 737.86IU (14.76%), Calcium: 132.98mg (13.3%), Fiber: 3.21g (12.83%)