

Saucy Beef Lo Mein

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 tablespoons cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 1.5 pound flank steak
- ☐ 3 cups bean sprouts fresh rinsed drained
- ☐ 3 tablespoons ginger fresh minced peeled
- ☐ 2 garlic cloves minced

- ☐ 4 garlic cloves minced
- ☐ 2 cups green onions sliced (1-inch)
- ☐ 12 ounces wide lo mein noodles hot cooked uncooked
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1.5 tablespoons rice vinegar
- ☐ 3 tablespoons rice vinegar
- ☐ 1 tablespoon sugar
- ☐ 1.5 teaspoons sugar
- ☐ 1 tablespoon vegetable oil divided
- ☐ 0.3 cup water

Equipment

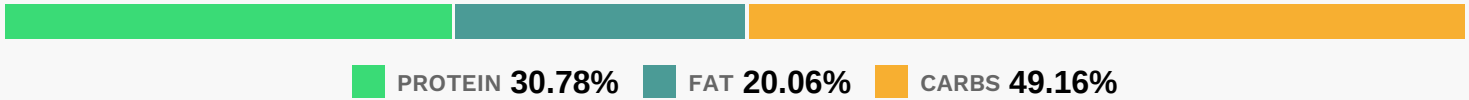
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ To prepare steak, trim fat.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Combine 1 tablespoon sugar, 2 tablespoons soy sauce, 1 1/2 tablespoons vinegar, and 4 garlic cloves in a large zip-top bag.
- ☐ Add steak; seal and marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Remove steak from bag; discard marinade.
- ☐ To prepare sauce, combine 1/2 cup soy sauce, water, and next 6 ingredients (water through broth); stir with a whisk.
- ☐ To prepare vegetables, heat 1 1/2 teaspoons vegetable oil in a large nonstick skillet over medium-high heat.

- ☐
- Add steak; cook 7 minutes or until steak loses its pink color.
- ☐
- Remove steak with a slotted spoon; set aside. Wipe pan clean with a paper towel.
- ☐
- Heat 1 1/2 teaspoons oil in pan.
- ☐
- Add onions, ginger, and 2 garlic cloves; stir-fry 1 minute. Stir in sauce and bean sprouts; bring to a boil. Cook 1 minute. Stir in steak and noodles; toss well.

Nutrition Facts



Properties

Glycemic Index:47.4, Glycemic Load:2.23, Inflammation Score:-5, Nutrition Score:16.471304478853%

Flavonoids

Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 338.99kcal (16.95%), Fat: 7.52g (11.58%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 39.11g (14.22%), Sugar: 4.69g (5.22%), Cholesterol: 51.03mg (17.01%), Sodium: 1131.69mg (49.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.95%), Vitamin K: 68.98µg (65.69%), Selenium: 27.29µg (38.99%), Vitamin B6: 0.64mg (31.81%), Vitamin B3: 6.3mg (31.5%), Zinc: 3.72mg (24.82%), Phosphorus: 246.56mg (24.66%), Folate: 60.55µg (15.14%), Potassium: 525.36mg (15.01%), Vitamin B12: 0.89µg (14.79%), Iron: 2.46mg (13.66%), Manganese: 0.27mg (13.57%), Vitamin B2: 0.23mg (13.52%), Vitamin C: 10.68mg (12.95%), Magnesium: 48.26mg (12.07%), Fiber: 2.39g (9.55%), Copper: 0.18mg (9.2%), Vitamin B5: 0.85mg (8.54%), Vitamin B1: 0.12mg (8.33%), Calcium: 54.78mg (5.48%), Vitamin A: 257.98IU (5.16%), Vitamin E: 0.66mg (4.4%)