



## Saucy Garlic Beef Lo Mein

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 tablespoons cornstarch
- 1.5 teaspoons sesame oil dark
- 1.5 pounds flank steak lean
- 3 tablespoons ginger fresh minced peeled
- 7 cloves garlic minced
- 7 garlic cloves minced
- 1 pound green beans
- 2 cups green onions sliced (1-inch)

- 0.5 cup soya sauce low-sodium
- 2 tablespoons soya sauce low-sodium
- 2.3 cups low-salt chicken broth
- 1.5 tablespoons mirin sweet ( rice wine)
- 3 tablespoons mirin sweet ( rice wine)
- 10 ounce noodles chinese
- 0.3 teaspoon pepper
- 3 cups shiitake mushroom caps thinly sliced ()
- 1 tablespoon sugar
- 1.5 teaspoons sugar
- 2 teaspoons vegetable oil divided

## Equipment

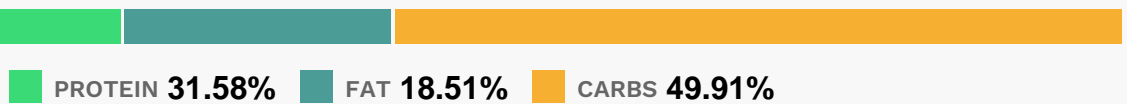
- bowl
- frying pan
- paper towels
- wok
- slotted spoon
- dutch oven
- colander

## Directions

- Trim ends from beans; remove strings.
- Cut beans into 3-inch pieces. Set aside.
- Trim fat from steak.
- Cut across grain into thin slices; cut slices in half crosswise.
- Combine steak and next 4 ingredients (steak through garlic); stir well. Set aside.
- Bring 4 quarts water to a boil in a large Dutch oven.
- Add beans; cook 5 minutes or until tender.

- Remove with a slotted spoon; place in a colander. Rinse under cold water; drain well. Set aside.
- Add noodles to boiling water. Cook 3 minutes; drain. Rinse under cold water.
- Drain; set aside.
- Coat a large nonstick skillet or wok with cooking spray; place over medium-high heat until hot.
- Add steak mixture; stir-fry 5 minutes or until browned. Spoon steak mixture into a bowl; set aside. Wipe skillet clean with a paper towel.
- Combine broth and next 6 ingredients (broth through pepper) in a bowl. Stir well; set aside.
- Heat vegetable oil in skillet over medium-high heat.
- Add remaining ingredients; stir-fry 2 minutes.
- Add broth mixture. Bring to a boil; cook 1 minute, stirring constantly. Return steak to pan; add beans and noodles; stir-fry 1 minute.

## Nutrition Facts



## Properties

Glycemic Index:66.53, Glycemic Load:20.56, Inflammation Score:-8, Nutrition Score:36.523043477017%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

## Nutrients (% of daily need)

Calories: 507.35kcal (25.37%), Fat: 10.35g (15.93%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 62.8g (20.93%), Net Carbohydrates: 55.1g (20.04%), Sugar: 10.56g (11.74%), Cholesterol: 68.04mg (22.68%), Sodium: 1068.74mg (46.47%), Alcohol: 1.81g (100%), Alcohol %: 0.43% (100%), Protein: 39.75g (79.49%), Selenium: 71.83µg (102.62%), Vitamin K: 106.07µg (101.02%), Vitamin B3: 14.57mg (72.84%), Vitamin B6: 1.36mg (67.76%), Manganese: 1.17mg (58.63%), Phosphorus: 569.8mg (56.98%), Zinc: 6.88mg (45.88%), Potassium: 1303.44mg (37.24%), Vitamin B2: 0.61mg (35.84%), Fiber: 7.7g (30.8%), Magnesium: 121.56mg (30.39%), Vitamin B5: 2.94mg (29.43%), Copper: 0.55mg (27.53%), Iron: 4.82mg (26.76%), Folate: 96.52µg (24.13%), Vitamin C: 17.85mg (21.63%), Vitamin B12: 1.12µg (18.67%), Vitamin A: 855.05IU (17.1%), Vitamin B1: 0.25mg (16.47%), Calcium: 113.74mg (11.37%), Vitamin E: 1.14mg (7.57%), Vitamin D: 0.45µg (3.01%)