



Sesame Beef and Asian Vegetable Stir-Fry



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five-spice powder
- ☐ 15 ounce baby corns whole drained canned
- ☐ 2 cups bell pepper strips red
- ☐ 3 cups jasmine rice cooked
- ☐ 1 teaspoon cornstarch
- ☐ 4 teaspoons sesame oil dark
- ☐ 1.5 cups blanched edamame green frozen shelled thawed (soybeans)
- ☐ 1 tablespoon ginger fresh minced peeled

- ☐ 2 garlic cloves minced
- ☐ 0.5 cup diagonally cut green onions
- ☐ 0.3 cup soya sauce low-sodium divided
- ☐ 2 teaspoons vegetable oil; peanut oil preferred divided
- ☐ 0.3 cup rice vinegar black chinese divided (Chinkiang)
- ☐ 3 tablespoons sesame seed divided toasted
- ☐ 1 cup shiitake mushroom caps sliced
- ☐ 0.8 pound top round
- ☐ 0.3 cup water

Equipment

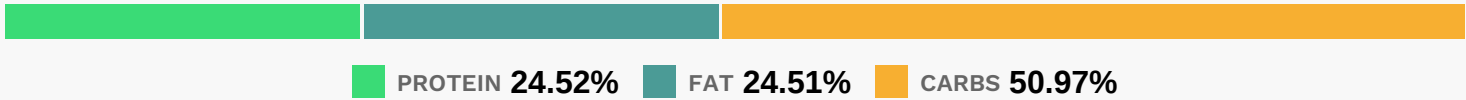
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine 2 tablespoons soy sauce, 2 tablespoons vinegar, sesame oil, and five-spice powder in a medium bowl, stirring with a whisk.
- ☐ Add beef; toss to coat.
- ☐ Let stand 10 minutes.
- ☐ Remove beef from bowl; discard marinade.
- ☐ Combine 2 tablespoons soy sauce, 2 tablespoons vinegar, water, and cornstarch, stirring with a whisk.
- ☐ Heat 1 teaspoon peanut oil in a large nonstick skillet over medium-high heat.
- ☐ Add beef; stir-fry 1 minute.
- ☐ Remove beef from pan.
- ☐ Add 1 teaspoon peanut oil, 2 tablespoons sesame seeds, ginger, and garlic to pan; stir-fry 30 seconds.
- ☐ Add bell pepper, edamame, mushrooms, and corn; stir-fry 2 minutes.

- ☐
- Add beef and cornstarch mixture; stir-fry 3 minutes or until sauce thickens.
- ☐
- Remove from heat; stir in 1 tablespoon sesame seeds and onions.
- ☐
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:65.92, Glycemic Load:32.78, Inflammation Score:-9, Nutrition Score:25.317391727282%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 388.33kcal (19.42%), Fat: 10.87g (16.72%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 50.83g (16.94%), Net Carbohydrates: 44.47g (16.17%), Sugar: 7.53g (8.37%), Cholesterol: 34.59mg (11.53%), Sodium: 428.71mg (18.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.92%), Vitamin C: 69.48mg (84.22%), Vitamin B6: 0.88mg (44.1%), Manganese: 0.83mg (41.56%), Selenium: 28.06µg (40.08%), Vitamin B3: 7.73mg (38.64%), Vitamin A: 1826.03IU (36.52%), Phosphorus: 320.39mg (32.04%), Zinc: 4.39mg (29.28%), Fiber: 6.36g (25.44%), Potassium: 872.94mg (24.94%), Iron: 3.96mg (22.01%), Vitamin B5: 2.03mg (20.3%), Vitamin K: 21.04µg (20.04%), Magnesium: 80.18mg (20.04%), Copper: 0.4mg (19.94%), Vitamin B2: 0.3mg (17.79%), Folate: 68.43µg (17.11%), Vitamin B1: 0.21mg (14.13%), Vitamin B12: 0.77µg (12.76%), Calcium: 110.61mg (11.06%), Vitamin E: 1.39mg (9.3%)