



Sesame Beef Bing

READY IN



45 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon chili oil
- ☐ 2 cups coleslaw mix shredded
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 0.5 teaspoon ginger grated peeled
- ☐ 4 servings kosher salt
- ☐ 1 pound pizza dough fresh refrigerated frozen , not
- ☐ 1 tablespoon rice wine vinegar
- ☐ 6 ounces deli- roast beef
- ☐ 3 scallions thinly sliced

- ☐ 1 tablespoon sesame oil toasted
- ☐ 2 tablespoons sesame seed
- ☐ 3 tablespoons vegetable oil plus more for greasing

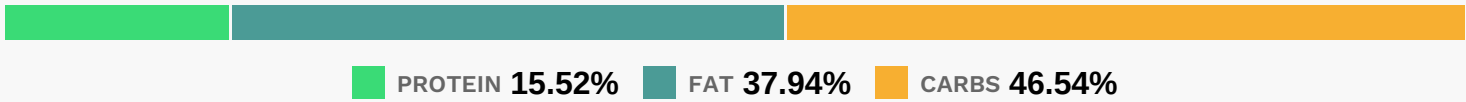
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ microwave
- ☐ tongs

Directions

- ☐ Microwave the pizza dough on 50 percent power to soften, 1 to 2 minutes, then let rest 5 minutes. Grease a large plate with vegetable oil; shape the dough into a 9-inch round and place on the plate.
- ☐ Sprinkle with 1 tablespoon sesame seeds and 1/4 teaspoon salt.
- ☐ Toss the coleslaw mix, vinegar, chili oil, and salt to taste in a bowl. In another bowl, toss the roast beef, sesame oil, scallions and ginger.
- ☐ Heat 3 tablespoons vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add the dough seed-side down and sprinkle with the remaining 1 tablespoon sesame seeds. Cover and fry, shaking the pan occasionally, until the dough is golden, about 3 minutes per side, turning with tongs.
- ☐ Transfer to paper towels, season with salt and cool.
- ☐ Wipe out the skillet and place over high heat.
- ☐ Add the roast beef mixture and stir-fry until crisp, 1 to 2 minutes. Slice the flatbread in half horizontally.
- ☐ Layer the beef, coleslaw mixture and cilantro on the bottom half. Cover with the top and cut into 4 wedges.
- ☐ Bing is a Chinese flatbread, often used to sandwich meat, eggs or fried dough for breakfast.
- ☐ Per serving: Calories 561; Fat 27 g (Saturated 5 g); Cholesterol 27 mg; Sodium 906 mg; Carbohydrate 62 g; Fiber 4 g; Protein 22 g

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:13.373913111894%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 489.24kcal (24.46%), Fat: 21g (32.32%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 57.97g (19.32%), Net Carbohydrates: 54.62g (19.86%), Sugar: 8.4g (9.33%), Cholesterol: 24.24mg (8.08%), Sodium: 1662.87mg (72.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.33g (38.66%), Vitamin K: 70.81µg (67.44%), Vitamin C: 34.19mg (41.44%), Iron: 4.88mg (27.1%), Calcium: 180.29mg (18.03%), Vitamin B3: 3.49mg (17.47%), Fiber: 3.34g (13.37%), Zinc: 1.96mg (13.03%), Vitamin B6: 0.25mg (12.7%), Phosphorus: 120.87mg (12.09%), Vitamin B12: 0.72µg (12.05%), Copper: 0.21mg (10.63%), Manganese: 0.19mg (9.43%), Folate: 29.83µg (7.46%), Magnesium: 29.64mg (7.41%), Vitamin E: 1.08mg (7.21%), Potassium: 233.71mg (6.68%), Selenium: 4.42µg (6.32%), Vitamin B1: 0.08mg (5.23%), Vitamin A: 259.35IU (5.19%), Vitamin B2: 0.09mg (5.1%), Vitamin B5: 0.22mg (2.22%)