



Sesame Beef Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups bagged baby spinach leaves
- ☐ 1 tablespoon bottled garlic minced
- ☐ 1 tablespoon bottled ginger minced
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1.5 teaspoons brown sugar dark
- ☐ 1 tablespoon sesame oil dark
- ☐ 8 green onions light cut into 1-inch pieces (white and green parts only)
- ☐ 2 tablespoons lower-sodium soy sauce

- ☐ 1 pound pre stir-fry meat boneless (such as flank or sirloin steak)
- ☐ 1 tablespoon sesame seed

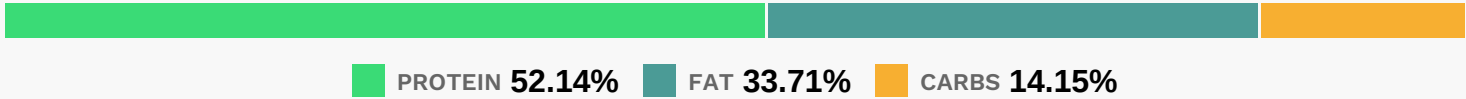
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Heat a wok or skillet over high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add half of beef to pan, and cook for 3 minutes or until browned.
- ☐ Remove beef from pan. Repeat procedure with remaining beef.
- ☐ Add onions; cook for 1 minute.
- ☐ Add soy sauce mixture; cook 1 minute. Return beef to pan; cook 1 minute. Stir in spinach, and cook 30 seconds. Top with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.02, Inflammation Score:-9, Nutrition Score:24.354347747305%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 205.81kcal (10.29%), Fat: 7.7g (11.85%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 5.45g (1.98%), Sugar: 2.31g (2.56%), Cholesterol: 72.57mg (24.19%), Sodium: 452.95mg (19.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.58%), Vitamin K: 195.61µg (186.3%), Vitamin A:

3161.04IU (63.22%), Vitamin B3: 12.44mg (62.19%), Selenium: 38.09µg (54.41%), Vitamin B6: 1.01mg (50.47%), Phosphorus: 295.4mg (29.54%), Manganese: 0.48mg (24.21%), Folate: 84.17µg (21.04%), Potassium: 728.2mg (20.81%), Vitamin C: 15.66mg (18.98%), Magnesium: 73.58mg (18.4%), Vitamin B5: 1.71mg (17.14%), Vitamin B2: 0.22mg (13.01%), Iron: 2.13mg (11.82%), Copper: 0.2mg (9.9%), Vitamin B1: 0.14mg (9.15%), Calcium: 84.01mg (8.4%), Zinc: 1.2mg (7.97%), Vitamin E: 1.15mg (7.68%), Fiber: 1.82g (7.27%), Vitamin B12: 0.23µg (3.78%)