



Sichuan Steak and Asparagus

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus ends trimmed halved
- ☐ 3 tablespoons cornstarch
- ☐ 10 chiles dried hot (Thai)
- ☐ 6 oz asian egg noodles dried cooked
- ☐ 1 pound flank steak thinly sliced
- ☐ 2 tablespoons ginger fresh minced
- ☐ 0.8 cup beef broth reduced-sodium
- ☐ 2 tablespoons soya sauce reduced-sodium

- ☐ 1 tablespoon sesame oil divided toasted
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons vegetable oil

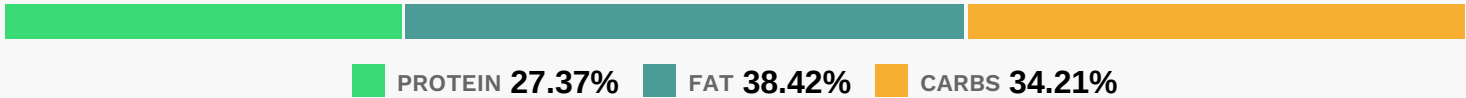
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat a large wok or frying pan over high heat.
- ☐ Add vegetable oil, swirling pan to coat.
- ☐ Sprinkle steak with cornstarch, mixing to distribute evenly, then add to hot oil. Cook, stirring as little as needed for even browning, until meat is browned, 7 to 10 minutes.
- ☐ Transfer to a plate.
- ☐ Add 1 tbsp. sesame oil to wok, followed by ginger, chiles, and asparagus. Cook until fragrant, about 3 minutes. Stir in soy sauce, sugar, and broth. Cook until mixture comes to a simmer, about 4 minutes. Return steak to wok, stirring once just to combine, and let sauce thicken slightly.
- ☐ Put cooked noodles on a serving plate.
- ☐ Drizzle with 1 tsp. sesame oil; toss to coat. Spoon steak mixture over noodles.

Nutrition Facts



Properties

Glycemic Index:40.27, Glycemic Load:14.14, Inflammation Score:-8, Nutrition Score:27.738260917042%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 503.37kcal (25.17%), Fat: 21.52g (33.11%), Saturated Fat: 4.97g (31.08%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 38.8g (14.11%), Sugar: 4.54g (5.05%), Cholesterol: 103.76mg (34.59%), Sodium: 443.94mg (19.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.5g (69.01%), Selenium: 69.85µg (99.79%), Vitamin K: 69.34µg (66.04%), Vitamin B3: 9.29mg (46.45%), Vitamin B6: 0.91mg (45.48%), Phosphorus: 407.75mg (40.78%), Zinc: 5.86mg (39.09%), Manganese: 0.61mg (30.53%), Iron: 5.22mg (28.98%), Potassium: 875.77mg (25.02%), Vitamin A: 1214.75IU (24.3%), Folate: 90.58µg (22.65%), Copper: 0.44mg (22.06%), Vitamin B2: 0.36mg (21.42%), Vitamin B1: 0.32mg (21.41%), Vitamin B12: 1.16µg (19.25%), Magnesium: 73.79mg (18.45%), Vitamin E: 2.73mg (18.21%), Fiber: 4.32g (17.29%), Vitamin B5: 1.46mg (14.58%), Vitamin C: 6.92mg (8.39%), Calcium: 69.57mg (6.96%)