



## Skirt Steak Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



2

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

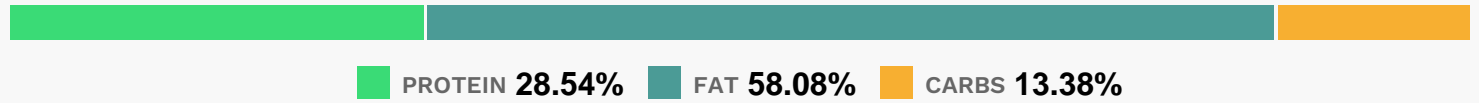
### Ingredients

- 4 baby corns
- 1 garlic clove minced
- 1 tablespoon oyster sauce
- 1 tablespoon vegetable oil; peanut oil preferred
- 0.5 cup bell pepper red julienned
- 1 spring onion minced trimmed
- 2 ounces snow peas ( 15)
- 3 teaspoons soya sauce

8 ounces fat-trimmed beef flank steak trimmed

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:82.25, Glycemic Load:3.44, Inflammation Score:-8, Nutrition Score:21.173043478261%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 358.44kcal (17.92%), Fat: 23.64g (36.37%), Saturated Fat: 8.41g (52.55%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 9.83g (3.57%), Sugar: 4.19g (4.65%), Cholesterol: 69.17mg (23.06%), Sodium: 811.51mg (35.28%), Protein: 26.14g (52.27%), Vitamin C: 67.72mg (82.09%), Zinc: 6.24mg (41.58%), Selenium: 28.67µg (40.96%), Vitamin B3: 7.05mg (35.27%), Vitamin B6: 0.68mg (34.2%), Vitamin A: 1619.8IU (32.4%), Vitamin B12: 1.92µg (31.99%), Phosphorus: 226.22mg (22.62%), Vitamin K: 23.21µg (22.11%), Vitamin B2: 0.37mg (21.85%), Iron: 3.16mg (17.58%), Potassium: 542.4mg (15.5%), Vitamin B1: 0.2mg (13.27%), Vitamin E: 1.86mg (12.37%), Manganese: 0.24mg (11.93%), Magnesium: 47.38mg (11.85%), Folate: 45.28µg (11.32%), Fiber: 2.43g (9.72%), Copper: 0.16mg (8.24%), Vitamin B5: 0.59mg (5.85%), Calcium: 35.23mg (3.52%)