



## Slow Cooker Mongolian Beef

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

READY IN



270 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup brown sugar
- 0.3 cup cornstarch
- 1 pound flank steak cut into bite-size pieces
- 0.5 teaspoon ginger root fresh minced
- 1 tablespoon garlic minced
- 3 large green onions sliced
- 0.5 cup hoisin sauce
- 2 teaspoons olive oil

- 1 onion thinly sliced
- 0.5 cup soya sauce
- 0.5 cup water

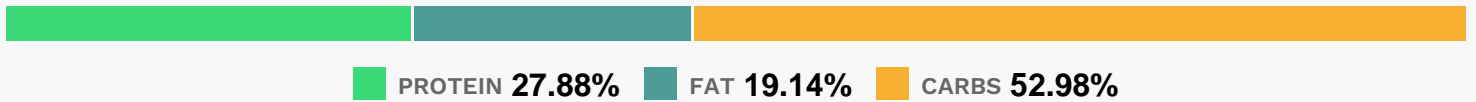
## Equipment

- frying pan
- ziploc bags
- slow cooker

## Directions

- Place flank steak and cornstarch into a resealable plastic bag. Shake the bag to evenly coat the flank steak with the cornstarch. Allow to steak rest for 10 minutes.
- Heat olive oil in a large skillet over medium-high heat. Cook and stir steak until evenly browned, 2 to 4 minutes.
- Place onion, garlic, flank steak, green onions, soy sauce, water, brown sugar, ginger, and hoisin sauce in a slow cooker. Cook on Low setting for about 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:29.75, Glycemic Load:1.25, Inflammation Score:-5, Nutrition Score:18.05826097986%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

## Nutrients (% of daily need)

Calories: 421.22kcal (21.06%), Fat: 8.94g (13.76%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 55.71g (18.57%), Net Carbohydrates: 53.44g (19.43%), Sugar: 38.18g (42.42%), Cholesterol: 69.07mg (23.02%), Sodium: 2251.33mg (97.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.64%), Selenium: 35.39µg (50.56%), Vitamin B3: 8.79mg (43.93%), Vitamin B6: 0.85mg (42.31%), Vitamin K: 41.69µg (39.71%), Zinc: 4.74mg (31.59%),

Phosphorus: 300.02mg (30%), Iron: 3.4mg (18.88%), Manganese: 0.37mg (18.29%), Potassium: 626.87mg (17.91%), Vitamin B12: 1.03µg (17.2%), Vitamin B2: 0.27mg (16.11%), Magnesium: 54.92mg (13.73%), Folate: 45.46µg (11.36%), Copper: 0.22mg (11.02%), Vitamin B5: 0.94mg (9.43%), Fiber: 2.27g (9.07%), Calcium: 87.99mg (8.8%), Vitamin B1: 0.13mg (8.48%), Vitamin C: 6.33mg (7.68%), Vitamin E: 0.82mg (5.49%), Vitamin A: 189.73IU (3.79%)