



Spicy Beef Filet in Oyster Sauce

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



59 kcal

SAUCE

Ingredients

- 0.8 pound frangelico cut into 1/4 inch strips
- 1 teaspoon pepper black
- 0.5 teaspoon cornstarch
- 1 teaspoon cornstarch
- 0.5 onion thinly sliced
- 1 teaspoon oyster sauce
- 2 tablespoons oyster sauce
- 1 teaspoon sugar

- 1 tablespoon vegetable oil
- 1 teaspoon vegetable oil
- 1 teaspoon water

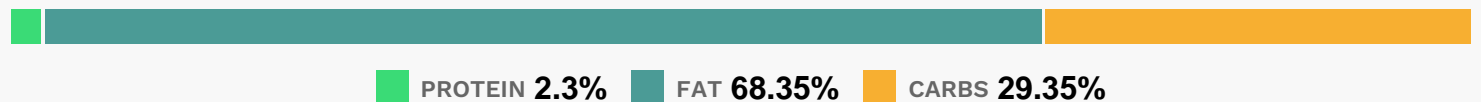
Equipment

- bowl
- frying pan

Directions

- Stir together 1 teaspoon vegetable oil, 1 teaspoon oyster sauce, and 1/2 teaspoon cornstarch in a bowl.
- Add beef and toss to coat. Marinate in the refrigerator 30 to 45 minutes.
- Remove from the refrigerator 10 minutes before cooking.
- Stir together water, 1 teaspoon cornstarch, 2 tablespoons oyster sauce, and pepper in a small bowl; set aside.
- Heat 1 tablespoon vegetable oil in a large skillet over high heat. Stir in onion, and cook until it begins to brown on the edges, about 1 minute.
- Add the beef, and continue cooking and stirring until the beef is just slightly pink, about 5 minutes.
- Pour in the sauce; cook and stir until the sauce has thickened and turned translucent, about 1 minute more.

Nutrition Facts



Properties

Glycemic Index:32.27, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:1.3173913202532%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 58.82kcal (2.94%), Fat: 4.58g (7.05%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 4.03g (1.47%), Sugar: 1.58g (1.76%), Cholesterol: 0mg (0%), Sodium: 287.44mg (12.5%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.35g (0.69%), Vitamin K: 9.19µg (8.76%), Manganese: 0.09mg (4.38%), Vitamin E: 0.38mg (2.52%), Fiber: 0.4g (1.59%), Copper: 0.03mg (1.4%), Vitamin C: 1.03mg (1.25%), Folate: 4.27µg (1.07%), Vitamin B2: 0.02mg (1.05%)