



Spicy Beef Stir-Fry

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

READY IN



43 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 heads baby bok choy halved
- 1 pound beef sirloin thinly sliced
- 5 to 7 chiles dried red halved
- 4 servings rice cooked for serving
- 1 tablespoon cornstarch
- 1 piece ginger fresh thinly sliced
- 2 cloves garlic smashed
- 4 servings kosher salt and pepper freshly ground

- 1 small onion thinly sliced
- 2 tablespoons oyster sauce
- 3 tablespoons vegetable oil; peanut oil preferred
- 3 tablespoons white vermouth dry chinese
- 2 teaspoons sesame oil toasted
- 1 pinch sugar

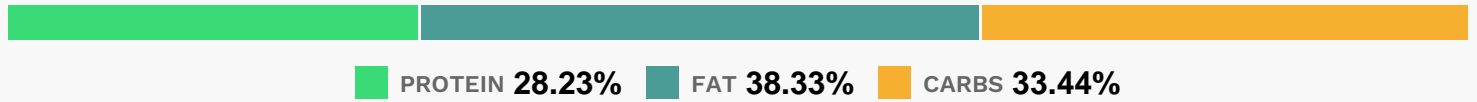
Equipment

- bowl
- frying pan
- whisk
- stove
- wok
- slotted spoon

Directions

- Whisk the cornstarch with 2 tablespoons rice wine in a medium bowl; add the beef, season with salt and pepper and toss to coat. Set aside for 15 minutes.
- Mix the remaining 1 tablespoon rice wine, the oyster sauce and sesame oil in a large bowl; set the bowl near the stove.
- Heat a wok or large nonstick skillet over high heat until very hot, about 1 minute.
- Add 3 tablespoons peanut oil, then the ginger, garlic and chiles; stir-fry until fragrant, about 1 minute.
- Add the beef and cook, stirring or shaking the skillet occasionally, 1 to 2 minutes.
- Transfer the beef with a slotted spoon to the sauce mixture and toss.
- If the pan is dry, add 1 tablespoon peanut oil, then add the onion and stir-fry until just soft, about 2 minutes.
- Add the bok choy and sugar; stir-fry until just wilted, 1 to 2 minutes. Return the beef and any juices to the pan and stir to combine.
- Serve over the rice.

Nutrition Facts



Properties

Glycemic Index:77.77, Glycemic Load:26.52, Inflammation Score:-7, Nutrition Score:22.956956676815%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 407.34kcal (20.37%), Fat: 16.83g (25.89%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 31.45g (11.44%), Sugar: 4.18g (4.65%), Cholesterol: 62.37mg (20.79%), Sodium: 514.34mg (22.36%), Alcohol: 1.16g (100%), Alcohol %: 0.48% (100%), Protein: 27.9g (55.79%), Vitamin C: 83.59mg (101.32%), Selenium: 39.64µg (56.63%), Vitamin B6: 1.12mg (55.99%), Vitamin B3: 8.42mg (42.08%), Zinc: 5.29mg (35.29%), Phosphorus: 300.59mg (30.06%), Manganese: 0.56mg (28.2%), Vitamin B12: 1.45µg (24.24%), Potassium: 642.71mg (18.36%), Iron: 2.9mg (16.13%), Vitamin E: 2.41mg (16.08%), Vitamin B2: 0.23mg (13.69%), Copper: 0.27mg (13.36%), Magnesium: 52.93mg (13.23%), Vitamin A: 624.98IU (12.5%), Vitamin B5: 1.17mg (11.74%), Vitamin B1: 0.17mg (11.27%), Vitamin K: 9.61µg (9.15%), Folate: 33.94µg (8.49%), Fiber: 1.59g (6.35%), Calcium: 51.73mg (5.17%)