

Spicy Orange Beef



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 2 tablespoons cornstarch
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup orange marmalade
- ☐ 0.3 cup orange peel cut into slivers
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 pound round steak cut into thin strips on the diagonal

- ☐ 0.3 cup cooking sherry
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons vegetable oil

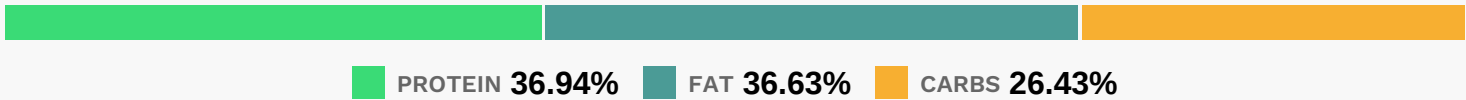
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wok

Directions

- ☐ In a wok or skillet, heat oil over medium-high heat.
- ☐ Add beef strips 1/3 at a time. Stir-fry for 3 minutes or until browned, removing the done pieces to a plate lined with paper towels.
- ☐ Return all the beef to the wok. Stir in orange peel, garlic, and ginger; stir-fry 1 minute.
- ☐ In a medium bowl, combine cornstarch, broth, soy sauce, sherry, marmalade, and red pepper.
- ☐ Pour this mixture into the beef, stirring constantly. Bring to a boil over medium heat and cook for 1 minute.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:16.275217346523%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 316.99kcal (15.85%), Fat: 12.43g (19.12%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 19.12g (6.95%), Sugar: 12.42g (13.8%), Cholesterol: 71.44mg (23.81%), Sodium: 1114.59mg (48.46%), Alcohol: 1.54g (100%), Alcohol %: 0.81% (100%), Protein: 28.21g (56.43%), Selenium: 33.57µg (47.96%), Vitamin B3: 9.01mg (45.03%), Vitamin B6: 0.83mg (41.41%), Vitamin B12: 2.19µg (36.42%), Zinc: 5mg (33.33%), Phosphorus: 285.99mg (28.6%), Iron: 3.1mg (17.2%), Potassium: 504.37mg (14.41%), Vitamin B2: 0.24mg (13.87%), Vitamin K: 14.2µg (13.53%), Vitamin C: 9.36mg (11.34%), Manganese: 0.22mg (10.9%), Magnesium: 39.78mg (9.95%), Vitamin B5: 0.88mg (8.79%), Vitamin B1: 0.13mg (8.58%), Copper: 0.17mg (8.31%), Vitamin E: 1.02mg (6.8%), Folate: 22.43µg (5.61%), Calcium: 50.34mg (5.03%), Fiber: 1.07g (4.26%), Vitamin A: 111.87IU (2.24%)