



## Spicy Tangerine Beef

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

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons canola oil
- 1 tablespoon chili sauce
- 1 tablespoon cornstarch
- 2 tablespoons sherry dry
- 1 pound flank steak cut in thin strips on the bias
- 2 tablespoons ginger fresh minced
- 2 tablespoons hoisin sauce
- 2 tablespoons honey

- 3 spring onion chopped
- 2 tablespoons sesame seed toasted
- 2 tablespoons soya sauce
- 3 tablespoons soya sauce
- 0.3 1 tangerine
- 0.3 cup tangerine juice freshly squeezed

## Equipment

- frying pan
- whisk
- ziploc bags
- wok

## Directions

- In a resealable plastic bag combine the soy sauce and cornstarch and mix well.
- Add beef, cover, and let marinate for 20 minutes in the refrigerator.
- Whisk together the sherry, hoisin, honey, chili sauce, soy sauce, and tangerine juice until completely combined.
- In large pan or wok, heat oil on high.
- Add the ginger and beef and cook for 2 to 3 minutes. Then add sauce mixture and cook for another 2 minutes on medium heat until sauce thickens.
- Serve on warm platter, garnish with scallions, tangerine zest and sesame seeds.

## Nutrition Facts



PROTEIN 31.05% FAT 46.09% CARBS 22.86%

## Properties

Glycemic Index:36.88, Glycemic Load:3.57, Inflammation Score:-3, Nutrition Score:11.620434698851%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## **Nutrients (% of daily need)**

Calories: 244.38kcal (12.22%), Fat: 12.37g (19.03%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 12.85g (4.67%), Sugar: 9.43g (10.48%), Cholesterol: 45.52mg (15.17%), Sodium: 1000.25mg (43.49%), Alcohol: 0.51g (100%), Alcohol %: 0.45% (100%), Protein: 18.75g (37.5%), Selenium: 23.63µg (33.75%), Vitamin B3: 5.61mg (28.05%), Vitamin B6: 0.53mg (26.73%), Zinc: 3.25mg (21.65%), Phosphorus: 198.85mg (19.89%), Vitamin K: 18.5µg (17.62%), Iron: 2.16mg (12.01%), Vitamin B12: 0.69µg (11.47%), Potassium: 375.55mg (10.73%), Copper: 0.21mg (10.61%), Vitamin E: 1.57mg (10.49%), Manganese: 0.19mg (9.73%), Magnesium: 37.72mg (9.43%), Vitamin B2: 0.14mg (8.35%), Vitamin C: 5.71mg (6.92%), Vitamin B1: 0.1mg (6.6%), Vitamin B5: 0.57mg (5.75%), Calcium: 55.88mg (5.59%), Folate: 21.95µg (5.49%), Fiber: 0.96g (3.84%), Vitamin A: 128.39IU (2.57%)