



Steak, Shiitake, and Bok Choy Stir-Fry



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 4 cups bok choy sliced (1 medium head)
- ☐ 4 teaspoons cornstarch divided
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 pound flank steak trimmed thinly sliced
- ☐ 2 tablespoons ginger fresh grated
- ☐ 1 tablespoon garlic fresh minced
- ☐ 1 cup less-sodium beef broth

- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 cup thinly onion vertically sliced
- ☐ 1 teaspoon sesame oil toasted
- ☐ 0.5 pound mushroom caps thinly sliced

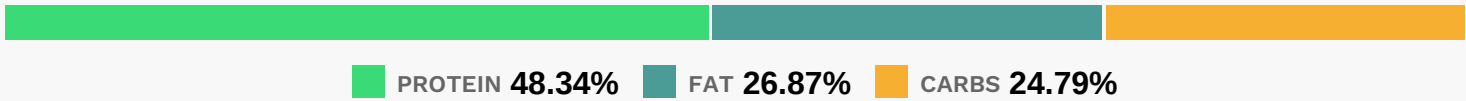
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine ginger, garlic, soy sauce, 2 teaspoons cornstarch, oil, and crushed red pepper in a large zip-top bag; add steak to bag. Seal and marinate in refrigerator 20 minutes.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray, and add mushrooms, onion, and bell pepper to pan. Cook 3 minutes or until crisp-tender; transfer to a large bowl.
- ☐ Add bok choy to pan; saut 2 minutes or until slightly wilted; add to bowl; keep warm.
- ☐ Recoat pan with cooking spray.
- ☐ Add half of steak mixture to pan; cook 3 minutes or until browned, stirring occasionally.
- ☐ Transfer to a large bowl; keep warm. Coat pan with cooking spray.
- ☐ Add remaining steak mixture to pan; cook 3 minutes or until browned, stirring occasionally.
- ☐ Add to bowl; keep warm.
- ☐ Combine broth and remaining 2 teaspoons cornstarch, stirring with a whisk.
- ☐ Add to pan, scraping pan to loosen browned bits. Bring to a boil; cook 1 minute or until mixture thickens, stirring constantly. Return steak and vegetables to pan; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:2.34, Inflammation Score:-10, Nutrition Score:29.870434647021%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg

Nutrients (% of daily need)

Calories: 242.95kcal (12.15%), Fat: 7.35g (11.31%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 11.38g (4.14%), Sugar: 5.59g (6.21%), Cholesterol: 68.04mg (22.68%), Sodium: 660.87mg (28.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.5%), Vitamin C: 82.94mg (100.53%), Vitamin A: 4369IU (87.38%), Vitamin B6: 1.2mg (59.96%), Selenium: 37.75µg (53.92%), Vitamin B3: 10.23mg (51.13%), Phosphorus: 364.93mg (36.49%), Zinc: 5.36mg (35.75%), Vitamin K: 35.63µg (33.94%), Potassium: 1062.17mg (30.35%), Folate: 98.84µg (24.71%), Vitamin B2: 0.38mg (22.32%), Manganese: 0.45mg (22.26%), Vitamin B5: 1.85mg (18.53%), Vitamin B12: 1.03µg (17.2%), Magnesium: 68.77mg (17.19%), Iron: 3.05mg (16.96%), Fiber: 3.88g (15.52%), Calcium: 118.9mg (11.89%), Copper: 0.22mg (11.16%), Vitamin B1: 0.17mg (11.13%), Vitamin E: 1.16mg (7.72%), Vitamin D: 0.23µg (1.51%)