



Stir-Fried Beef and Vegetables

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons sherry dry
- ☐ 1 teaspoon sugar
- ☐ 0.5 pound top round
- ☐ 1 ounce vermicelli (bean threads)
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons ground ginger finely chopped
- ☐ 2 garlic clove finely chopped

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup snow peas fresh frozen chinese thawed drained ()
- ☐ 1 cup jicama cut into thin wedges
- ☐ 1 small bell pepper green red cut into 1-inch pieces

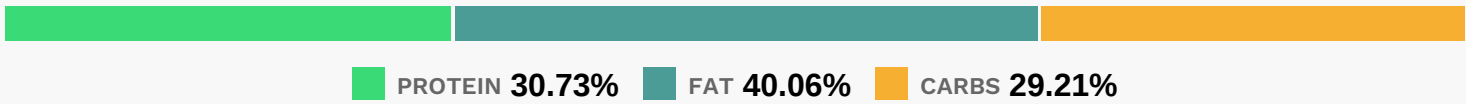
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix soy sauce, sherry and sugar; set aside. Trim fat from beef.
- ☐ Cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices. (For easier cutting, partially freeze beef, about 1 hour.) Soak noodles in enough warm water to cover 15 minutes; drain.
- ☐ Heat wok or 10-inch skillet over high heat until 1 or 2 drops of water bubble and skitter when sprinkled in wok.
- ☐ Add 1 tablespoon oil; rotate wok to coat side.
- ☐ Add beef, gingerroot and garlic; stir-fry about 3 minutes or until beef is no longer pink.
- ☐ Remove beef mixture from wok.
- ☐ Add 1 tablespoon oil to wok; rotate wok to coat side.
- ☐ Add pea pods, jicama and bell pepper; stir-fry about 5 minutes or until vegetables are crisp-tender. Stir in beef mixture and noodles; heat to boiling. Stir in soy sauce mixture; cook and stir about 1 minute or until heated through.

Nutrition Facts



Properties

Glycemic Index:77.55, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:27.503043506456%

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 Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 410.91kcal (20.55%), Fat: 17.77g (27.34%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 23.51g (8.55%), Sugar: 6.56g (7.29%), Cholesterol: 69.17mg (23.06%), Sodium: 1086.96mg (47.26%), Alcohol: 1.54g (100%), Alcohol %: 0.59% (100%), Protein: 30.68g (61.37%), Vitamin C: 73.23mg (88.76%), Selenium: 39.8µg (56.86%), Vitamin B6: 1.06mg (52.94%), Manganese: 1.06mg (52.87%), Vitamin B3: 9.37mg (46.86%), Vitamin K: 41.68µg (39.7%), Zinc: 5.73mg (38.19%), Phosphorus: 337.67mg (33.77%), Iron: 5mg (27.76%), Vitamin B12: 1.53µg (25.51%), Fiber: 5.65g (22.59%), Potassium: 771.92mg (22.05%), Vitamin B1: 0.25mg (16.99%), Magnesium: 65.76mg (16.44%), Vitamin B2: 0.27mg (15.99%), Vitamin E: 2.09mg (13.93%), Vitamin B5: 1.38mg (13.78%), Vitamin A: 684.05IU (13.68%), Copper: 0.27mg (13.54%), Folate: 51.98µg (12.99%), Calcium: 73.74mg (7.37%)