

Sukiyaki Beef

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef round steak sliced
- ☐ 0.5 cup beef stock
- ☐ 1 tablespoon butter
- ☐ 0.8 cup celery diced
- ☐ 0.3 pound mushrooms chopped
- ☐ 0.8 cup onion diced
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 2 teaspoons soya sauce

☐ 0.3 pound pkt spinach fresh rinsed

Equipment

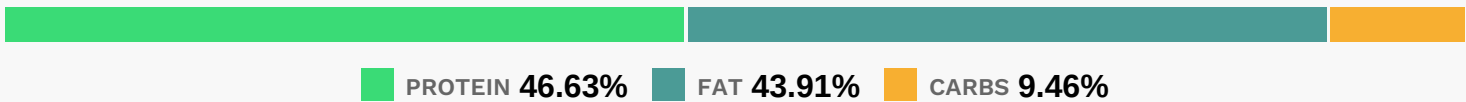
☐ frying pan

☐ wok

Directions

- ☐ Heat oil in a wok or large heavy skillet over medium-high heat.
- ☐ Add beef, and cook until evenly brown. Stir in beef stock, soy sauce and butter. Push meat to the side, and toss in onion, celery and mushrooms. Cook, stirring, for about 4 minutes.
- ☐ Add spinach, and cook for 2 more minutes.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:26.310869398324%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

Nutrients (% of daily need)

Calories: 247.9kcal (12.4%), Fat: 12.06g (18.55%), Saturated Fat: 4.31g (26.94%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.42g (2.69%), Cholesterol: 78.97mg (26.32%), Sodium: 354.29mg (15.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.63%), Vitamin K: 144.26µg (137.39%), Vitamin A: 2831.43IU (56.63%), Selenium: 36µg (51.42%), Vitamin B3: 9.53mg (47.66%), Vitamin B6: 0.91mg (45.63%), Vitamin B12: 2.16µg (36.01%), Zinc: 5.31mg (35.37%), Phosphorus: 317.3mg (31.73%), Vitamin B2: 0.4mg (23.78%), Potassium: 803.24mg (22.95%), Folate: 88.32µg (22.08%), Iron: 3.57mg (19.83%), Manganese: 0.36mg (17.83%), Magnesium: 61.75mg (15.44%), Copper: 0.28mg (13.95%), Vitamin C: 11.37mg (13.78%), Vitamin B5: 1.31mg (13.07%), Vitamin B1: 0.18mg (12.16%), Vitamin E: 1.61mg (10.73%), Calcium: 69.91mg (6.99%), Fiber: 1.74g (6.98%), Vitamin D: 0.17µg (1.13%)