



Super-Simple, Super-Spicy Mongolian Beef



Gluten Free



Dairy Free



Popular

READY IN



81 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef flank steak thinly sliced
- ☐ 1 tablespoon garlic minced
- ☐ 2 large green onions thinly sliced
- ☐ 1 tablespoon hoisin sauce
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 tablespoon sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoons sugar white

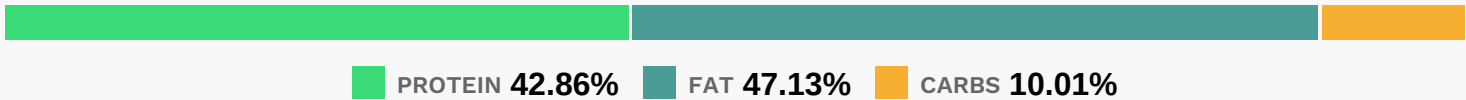
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Whisk together soy sauce, hoisin sauce, sesame oil, sugar, garlic, and red pepper flakes in a bowl. Toss beef with marinade, cover, and refrigerate 1 hour to overnight.
- ☐ Heat peanut oil in a wok or large, nonstick skillet over high heat.
- ☐ Add the green onions, and cook for 5 to 10 seconds before stirring in the beef. Cook and stir until the beef is no longer pink and is beginning to brown, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:1.88, Inflammation Score:-3, Nutrition Score:14.071304279825%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 249.42kcal (12.47%), Fat: 12.86g (19.78%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.55g (2.02%), Sugar: 3.65g (4.05%), Cholesterol: 68.16mg (22.72%), Sodium: 937.23mg (40.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.31g (52.63%), Selenium: 34.01µg (48.59%), Vitamin B3: 7.76mg (38.8%), Vitamin B6: 0.75mg (37.5%), Zinc: 4.49mg (29.94%), Vitamin K: 27.79µg (26.47%), Phosphorus: 257.12mg (25.71%), Vitamin B12: 1.03µg (17.2%), Potassium: 464.75mg (13.28%), Iron: 2.35mg (13.07%), Vitamin B2: 0.17mg (10.22%), Magnesium: 34.71mg (8.68%), Vitamin B5: 0.79mg (7.93%), Manganese: 0.15mg (7.43%), Vitamin B1: 0.1mg (6.75%), Vitamin E: 1.01mg (6.73%), Folate: 26.33µg (6.58%), Copper: 0.12mg (6.2%), Calcium: 40.63mg (4.06%), Vitamin C: 2.99mg (3.62%), Vitamin A: 125.04IU (2.5%), Fiber: 0.6g (2.38%)