



Sweet and Sour Beef

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

READY IN



18 min.

SERVINGS



5

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound flank steak
- 1 tablespoon cornstarch
- 1 tablespoon water cold
- 1 tablespoon vegetable oil
- 1 medium onion cut into 1-inch pieces
- 8 ounces pineapple chunks undrained canned
- 0.3 cup sugar
- 0.3 cup vinegar white

- 1 tablespoon chicken soup base
- 1 tablespoon soya sauce
- 1 medium bell pepper cut into 1-inch pieces
- 2 medium tomatoes cut into 8 wedges
- 1 serving rice hot cooked

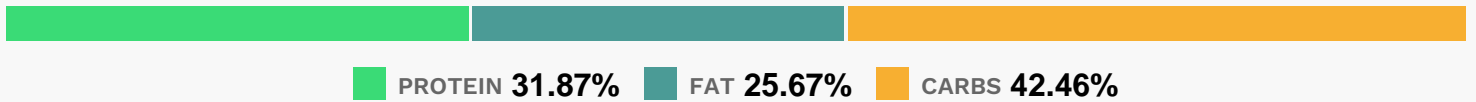
Equipment

- frying pan
- wok

Directions

- Remove fat from beef.
- Cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices.
- Mix cornstarch and cold water.
- Heat wok or 12-inch skillet over medium-high heat.
- Add oil; rotate wok to coat side.
- Add beef and onion; stir-fry about 3 minutes or until beef is brown. Stir in pineapple, sugar, vinegar, bouillon granules and soy sauce.
- Heat to boiling. Stir in cornstarch mixture; cook and stir 1 minute.
- Stir in bell pepper and tomatoes; cook and stir 1 minute.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:68.22, Glycemic Load:13.05, Inflammation Score:-8, Nutrition Score:16.317391437033%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 271.65kcal (13.58%), Fat: 7.72g (11.87%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 26.56g (9.66%), Sugar: 19.92g (22.14%), Cholesterol: 54.56mg (18.19%), Sodium: 493.48mg (21.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.56g (43.11%), Vitamin C: 43.11mg (52.25%), Selenium: 28.74µg (41.06%), Vitamin B6: 0.74mg (37.04%), Vitamin B3: 6.56mg (32.79%), Zinc: 3.8mg (25.32%), Vitamin A: 1178.15IU (23.56%), Phosphorus: 224.65mg (22.47%), Potassium: 581.29mg (16.61%), Vitamin B12: 0.83µg (13.81%), Manganese: 0.22mg (11.17%), Vitamin K: 11.55µg (11%), Iron: 1.95mg (10.83%), Vitamin B1: 0.16mg (10.6%), Magnesium: 41.33mg (10.33%), Vitamin B2: 0.16mg (9.59%), Folate: 38.01µg (9.5%), Copper: 0.17mg (8.75%), Fiber: 2.16g (8.64%), Vitamin B5: 0.8mg (7.99%), Vitamin E: 1.15mg (7.68%), Calcium: 43.11mg (4.31%)