



Sweet and Sour Beef with Cabbage



Vegetarian



Vegan



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 pound irish oats for stir-fry
- ☐ 3 cups coleslaw mix
- ☐ 0.5 cup soy sauce
- ☐ 1 serving couscous hot cooked

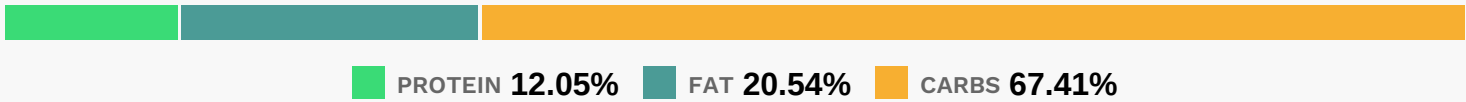
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat 12-inch skillet or wok over high heat.
- ☐ Add 1 tablespoon of the oil; rotate skillet to coat side.
- ☐ Add beef; stir-fry 2 minutes or until brown.
- ☐ Remove from skillet.
- ☐ Add remaining 1 tablespoon oil; rotate skillet to coat side.
- ☐ Add cabbage; stir-fry about 3 minutes or until crisp-tender.
- ☐ Add beef and sweet-and-sour sauce; cook and stir about 2 minutes or until hot.
- ☐ Serve with couscous.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:39.1, Inflammation Score:-2, Nutrition Score:9.1404349441114%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 648.93kcal (32.45%), Fat: 14.82g (22.8%), Saturated Fat: 2.19g (13.72%), Carbohydrates: 109.41g (36.47%), Net Carbohydrates: 95.35g (34.67%), Sugar: 22.97g (25.52%), Cholesterol: 0mg (0%), Sodium: 532.43mg (23.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.12%), Fiber: 14.06g (56.24%), Vitamin K: 52.42µg (49.93%), Iron: 5.02mg (27.87%), Vitamin C: 19.22mg (23.29%), Calcium: 79.27mg (7.93%), Selenium: 5.55µg (7.93%), Folate: 25.52µg (6.38%), Manganese: 0.1mg (5.02%), Vitamin E: 0.66mg (4.4%), Vitamin B6: 0.08mg (3.76%), Vitamin B1: 0.04mg (2.96%), Potassium: 100.63mg (2.88%), Magnesium: 7.87mg (1.97%), Vitamin B5: 0.18mg (1.84%), Phosphorus: 17.97mg (1.8%), Vitamin B3: 0.32mg (1.58%), Vitamin B2: 0.03mg (1.55%), Vitamin A: 51.45IU (1.03%)