



## Szechuan Shredded Beef

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup carrots shredded
- 1 cup celery shredded
- 2 ounces vermicelli uncooked
- 4 chile pepper pods dried red
- 1 tablespoon cornstarch divided
- 2 teaspoons sesame oil dark
- 1.5 tablespoons cooking sherry dry
- 1 pound flank steak lean

- 1 clove garlic crushed
- 0.3 cup green onions sliced
- 2 teaspoons rice wine vinegar
- 0.3 cup soya sauce divided
- 2 teaspoons sugar
- 0.3 cup vegetable oil divided

## Equipment

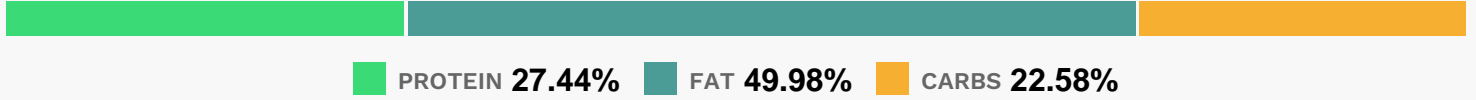
- paper towels
- wok

## Directions

- Partially freeze steak. Slice with the grain into 2-inch-wide strips.
- Cut strips diagonally across the grain into 1/8-inch-wide slices; stack slices, and cut meat into thin shreds.
- Combine 1 tablespoon soy sauce, 1 tablespoon cornstarch, sherry, and 1 tablespoon vegetable oil.
- Add steak, and stir. Cover and marinate in refrigerator 1 hour.
- Combine sugar, vinegar, sesame oil, and remaining soy sauce and cornstarch.
- Pour 1/4 cup vegetable oil around top of preheated wok, coating sides; heat at medium-high (37
- for 2 minutes or until hot.
- Add noodles, a small amount at a time, and stir-fry 2 to 3 seconds or until noodles expand and turn white.
- Remove and drain on paper towels.
- Transfer to a serving platter.
- Remove steak from marinade. Discard marinade.
- Add steak and garlic to wok; stir-fry 5 minutes.
- Remove steak.
- Pour remaining 1 tablespoon oil around top of wok, coating sides.

- Add pepper pods; stir-fry 1 minute.
- Add carrot and celery; stir-fry 1 minute.
- Add vinegar mixture; cook, stirring constantly, 1 minute or until slightly thickened.
- Add steak; cook until thoroughly heated. Spoon over noodles; sprinkle with green onions.

## Nutrition Facts



### Properties

Glycemic Index:72.73, Glycemic Load:2.81, Inflammation Score:-10, Nutrition Score:21.169130366781%

### Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

### Nutrients (% of daily need)

Calories: 393.71kcal (19.69%), Fat: 21.49g (33.06%), Saturated Fat: 4.75g (29.66%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 20.02g (7.28%), Sugar: 4.51g (5.01%), Cholesterol: 68.04mg (22.68%), Sodium: 915.88mg (39.82%), Alcohol: 0.58g (100%), Alcohol %: 0.31% (100%), Protein: 26.54g (53.09%), Vitamin A: 5654.11IU (113.08%), Selenium: 35.07µg (50.1%), Vitamin K: 51.83µg (49.36%), Vitamin B3: 8.15mg (40.73%), Vitamin B6: 0.81mg (40.25%), Zinc: 4.62mg (30.8%), Phosphorus: 275.34mg (27.53%), Potassium: 620.65mg (17.73%), Vitamin B12: 1.03µg (17.2%), Iron: 2.71mg (15.06%), Vitamin E: 1.82mg (12.13%), Vitamin B2: 0.2mg (11.67%), Manganese: 0.21mg (10.33%), Magnesium: 40.32mg (10.08%), Vitamin B1: 0.14mg (9.57%), Vitamin B5: 0.95mg (9.49%), Folate: 37.14µg (9.28%), Copper: 0.15mg (7.36%), Fiber: 1.83g (7.31%), Calcium: 57.72mg (5.77%), Vitamin C: 4.24mg (5.14%)