



Tangerine Beef Stir Fry with Bell Peppers



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef sliced thin
- ☐ 2 tablespoons coconut oil
- ☐ 3 cups brown rice cooked
- ☐ 2.5 teaspoons cornstarch
- ☐ 3 tablespoons ginger root fresh peeled chopped fine
- ☐ 1 bunch green onions / scallions sliced
- ☐ 1 bell pepper sweet red sliced thin
- ☐ 2 teaspoons sugar

- ☐ 1 tablespoon wheat-free tamari gluten-free low-sodium (for)
- ☐ 1 the zest and juice of 1 florida tangerine
- ☐ 2 florida tangerines peeled

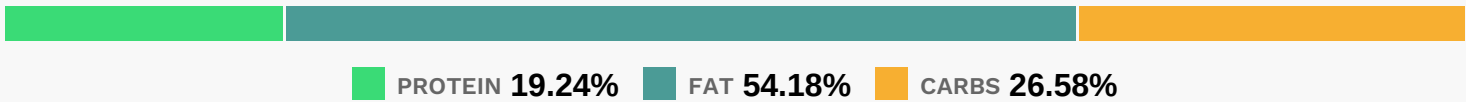
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ In a medium sized mixing bowl, combine the beef, scallions, ginger, bell peppers, tangerine zest and cornstarch.
- ☐ Mix the ingredients well to coat the beef.Preheat a large sauté pan over medium high heat.In small mixing bowl combine the tangerine juice, soy sauce, and sweetener. Stir the ingredients until the sugar is dissolved.
- ☐ Add the vegetable oil to your preheated sauté pan. Carefully add the beef mixture to pan. Cook while stirring constantly until the beef is browned and slightly crispy.
- ☐ Add the soy sauce mixture and cook until the sauce is thickened.Toss in the fresh tangerine segments and serve over brown rice.

Nutrition Facts



Properties

Glycemic Index:70.07, Glycemic Load:20.73, Inflammation Score:-8, Nutrition Score:28.845217139825%

Flavonoids

Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 706.6kcal (35.33%), Fat: 42.46g (65.32%), Saturated Fat: 19.12g (119.47%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 42.51g (15.46%), Sugar: 8.24g (9.16%), Cholesterol: 120.77mg (40.26%), Sodium:

370.65mg (16.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.93g (67.86%), Manganese: 1.72mg (85.84%), Vitamin C: 51.29mg (62.17%), Vitamin B12: 3.64µg (60.67%), Zinc: 8.19mg (54.57%), Vitamin B3: 9.84mg (49.2%), Vitamin B6: 0.91mg (45.47%), Phosphorus: 407.95mg (40.8%), Selenium: 25.74µg (36.78%), Magnesium: 107.43mg (26.86%), Vitamin A: 1291.56IU (25.83%), Iron: 4.51mg (25.04%), Potassium: 759.02mg (21.69%), Vitamin B2: 0.32mg (19.08%), Vitamin B1: 0.27mg (18.09%), Fiber: 4.36g (17.43%), Vitamin B5: 1.65mg (16.49%), Vitamin K: 16.99µg (16.18%), Copper: 0.27mg (13.48%), Folate: 43.72µg (10.93%), Vitamin E: 1.31mg (8.73%), Calcium: 69.82mg (6.98%), Vitamin D: 0.17µg (1.13%)