



Thai Beef Stir-Fry



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth flavored (from 32-ounce carton)
- ☐ 1 pound beef top sirloin steaks boneless
- ☐ 2 teaspoons brown sugar packed
- ☐ 8 ounces water chestnuts drained sliced canned
- ☐ 3.5 cups carrots thinly sliced
- ☐ 4 cups rice hot cooked
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons fish sauce

- ☐ 2 garlic clove finely chopped
- ☐ 2 teaspoons ground ginger finely chopped
- ☐ 6 spring onion cut into 1/2-inch pieces
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon vinegar white

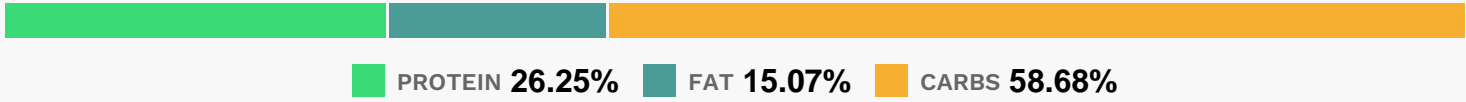
Equipment

- ☐ frying pan
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Trim excess fat from beef.
- ☐ Cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices. (Beef is easier to cut if partially frozen, about 1 hour.)
- ☐ Mix broth, cornstarch, fish sauce, vinegar and brown sugar.
- ☐ Heat wok or 10-inch skillet over high heat.
- ☐ Add 1 tablespoon oil; rotate wok to coat side.
- ☐ Add beef, gingerroot and garlic; stir-fry about 3 minutes or until beef is brown.
- ☐ Remove beef from wok with slotted spoon.
- ☐ Add 1 tablespoon oil to wok; rotate wok to coat side.
- ☐ Add carrots and onions; stir-fry about 5 minutes or until vegetables are crisp-tender. Stir in beef, water chestnuts and lemon peel; heat to boiling. Stir in broth mixture. Cook and stir about 1 minute or until heated through.
- ☐ Serve beef mixture over rice.

Nutrition Facts



Properties

Glycemic Index:66.96, Glycemic Load:51.8, Inflammation Score:-10, Nutrition Score:31.786956662717%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 502.86kcal (25.14%), Fat: 8.33g (12.82%), Saturated Fat: 2.24g (14%), Carbohydrates: 73.03g (24.34%), Net Carbohydrates: 66.23g (24.08%), Sugar: 10.37g (11.52%), Cholesterol: 66.9mg (22.3%), Sodium: 971.58mg (42.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.34%), Vitamin A: 18892.45IU (377.85%), Manganese: 1.43mg (71.25%), Selenium: 49.53µg (70.76%), Vitamin B6: 1.23mg (61.61%), Vitamin K: 59.75µg (56.9%), Vitamin B3: 10.04mg (50.19%), Zinc: 6.06mg (40.41%), Phosphorus: 379.26mg (37.93%), Potassium: 1039.07mg (29.69%), Fiber: 6.8g (27.19%), Iron: 3.9mg (21.65%), Magnesium: 85.99mg (21.5%), Vitamin B12: 1.13µg (18.84%), Vitamin B5: 1.84mg (18.4%), Copper: 0.37mg (18.37%), Vitamin C: 13.58mg (16.46%), Vitamin B2: 0.27mg (16.09%), Folate: 62.96µg (15.74%), Vitamin B1: 0.22mg (14.41%), Vitamin E: 1.94mg (12.96%), Calcium: 107.54mg (10.75%)