



Thai Beef Stir-Fry (lighter)

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



50 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound beef top sirloin steaks boneless
- 0.5 cup beef broth flavored (from 32-ounce carton)
- 2 tablespoons fish sauce
- 1 tablespoon cornstarch
- 1 tablespoon vinegar white
- 2 teaspoons brown sugar packed
- 2 teaspoons ground ginger finely chopped
- 2 garlic clove finely chopped

- 3.5 cups carrots thinly sliced
- 6 spring onion cut into 1/2-inch pieces
- 8 ounces water chestnuts drained sliced canned
- 1 tablespoon lemon zest grated
- 4 cups rice hot cooked

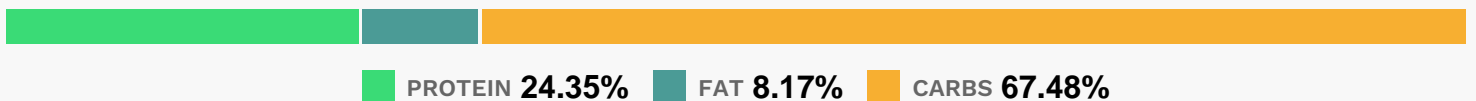
Equipment

- 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.)
- Mix broth, cornstarch, fish sauce, vinegar and brown sugar.
- Spray nonstick wok or 10-inch skillet with cooking spray.
- Heat over high heat.
- Add beef, gingerroot and garlic; stir-fry about 3 minutes or until beef is brown.
- Remove beef from wok with slotted spoon.
- 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:28.643478227698%

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: 436.8kcal (21.84%), Fat: 3.93g (6.05%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 73.03g (24.34%), Net Carbohydrates: 66.23g (24.08%), Sugar: 10.37g (11.52%), Cholesterol: 50.18mg (16.73%), Sodium: 955.71mg (41.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.36g (52.71%), Vitamin A: 18892.45IU (377.85%), Manganese: 1.42mg (71.1%), Selenium: 40.8µg (58.28%), Vitamin B6: 1.05mg (52.7%), Vitamin K: 53.18µg (50.65%), Vitamin B3: 8.2mg (41.02%), Zinc: 4.93mg (32.85%), Phosphorus: 319.45mg (31.94%), Fiber: 6.8g (27.19%), Potassium: 937.86mg (26.8%), Magnesium: 79.47mg (19.87%), Iron: 3.44mg (19.11%), Copper: 0.35mg (17.28%), Vitamin B5: 1.65mg (16.55%), Vitamin C: 13.58mg (16.46%), Folate: 59.28µg (14.82%), Vitamin B12: 0.86µg (14.39%), Vitamin B2: 0.24mg (14.09%), Vitamin B1: 0.19mg (12.99%), Vitamin E: 1.59mg (10.58%), Calcium: 101.31mg (10.13%)