



Thai Lemon Beef

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots thinly sliced
- 4 servings japanese ramen noodles hot cooked
- 2 teaspoons cornstarch
- 4 garlic cloves minced
- 4 green onions cut into 2-inch pieces
- 0.3 cup juice of lemon
- 4 servings garnishes: lemon rind strips fresh
- 2 teaspoons pepper dried red crushed

- 0.3 cup soya sauce
- 1 beef top round steak boneless 1-inch-thick ()
- 1 tablespoon vegetable oil
- 0.3 cup water

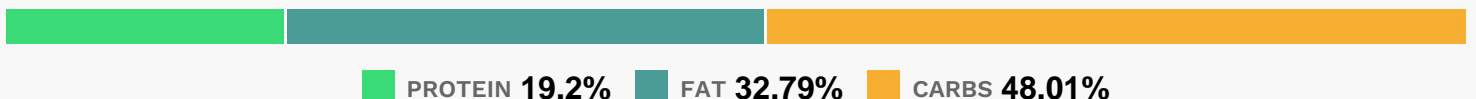
Equipment

- bowl
- frying pan
- whisk
- wok

Directions

- Cut steak across the grain into 1/8-inch-thick strips, and place in a medium bowl.
- Combine soy sauce and next 4 ingredients. Reserve half of mixture.
- Pour remaining half of mixture over steak. Cover and chill 30 minutes.
- Drain steak, discarding marinade.
- Stir-fry half of steak in 1/2 tablespoon hot oil in a large nonstick skillet or wok over medium-high heat 1 minute or until outside of beef is no longer pink.
- Remove from skillet, and repeat procedure with remaining oil and steak.
- Remove from skillet.
- Add green onions and carrot to skillet, and stir-fry 3 minutes or until crisp-tender.
- Whisk cornstarch into reserved soy sauce mixture; stir into vegetables, and stir-fry until thickened.
- Add steak, and stir-fry until thoroughly heated.
- Serve over noodles or rice.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:42.71, Glycemic Load:25.99, Inflammation Score:-10, Nutrition Score:26.366521586543%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 516.03kcal (25.8%), Fat: 18.9g (29.08%), Saturated Fat: 7.64g (47.75%), Carbohydrates: 62.27g (20.76%), Net Carbohydrates: 58.51g (21.28%), Sugar: 3.88g (4.31%), Cholesterol: 34.47mg (11.49%), Sodium: 2887.59mg (125.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.79%), Vitamin A: 5522.96IU (110.46%), Vitamin B1: 0.98mg (65.25%), Vitamin B3: 8.64mg (43.19%), Vitamin K: 41.75µg (39.76%), Selenium: 27.46µg (39.22%), Manganese: 0.66mg (33.21%), Folate: 124.36µg (31.09%), Vitamin B6: 0.61mg (30.56%), Iron: 5.49mg (30.52%), Phosphorus: 276.92mg (27.69%), Zinc: 3.6mg (23.97%), Vitamin B2: 0.38mg (22.06%), Potassium: 582.19mg (16.63%), Vitamin B12: 0.98µg (16.25%), Vitamin E: 2.4mg (16%), Fiber: 3.76g (15.05%), Copper: 0.28mg (14.13%), Vitamin C: 11.41mg (13.83%), Magnesium: 50.83mg (12.71%), Vitamin B5: 0.83mg (8.31%), Calcium: 70.03mg (7%)