



Thai Spring Beef Stir-Fry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon soy sauce reduced-sodium
- ☐ 0.5 cup mint leaves
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 jalapeno red seeded thinly sliced for less heat (, if desired,)
- ☐ 0.3 cup roasted peanuts roughly chopped

- ☐ 8 ounces sugar snap peas trimmed
- ☐ 12 oz sirloin steak thinly sliced
- ☐ 2 teaspoons vegetable oil
- ☐ 1 tablespoon water

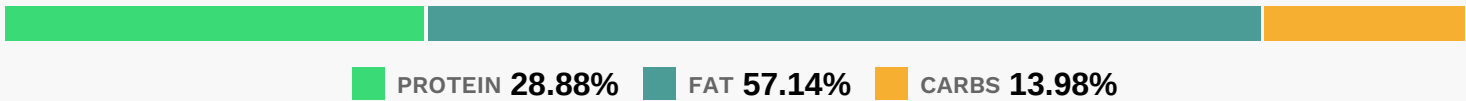
Equipment

- ☐ frying pan

Directions

- ☐ Stir together lime juice, water, and next 4 ingredients (through pepper) in a cup; set aside.
- ☐ Heat a large, heavy skillet (such as cast iron) over high heat; lightly coat with cooking spray. Working in batches, if necessary, add steak to hot skillet in single layer; cook, without turning, until browned on 1 side and almost fully cooked (1–2 minutes).
- ☐ Transfer to a plate.
- ☐ Heat oil in skillet over high heat.
- ☐ Add snap peas and cook until bright green and beginning to blister (2–3 minutes).
- ☐ Add jalapeo, peanuts, reserved beef (with juices), and reserved sauce to pan; cook until beef is done (about 1 minute). Toss with mint.
- ☐ Serve over brown rice, if desired.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:16.957391262054%

Flavonoids

Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 304.98kcal (15.25%), Fat: 19.52g (30.04%), Saturated Fat: 6.18g (38.65%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 7.88g (2.87%), Sugar: 5.5g (6.11%), Cholesterol: 47.63mg (15.88%), Sodium: 281.31mg (12.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.2g (44.41%), Vitamin C: 43.09mg (52.23%), Vitamin B12: 2.36µg (39.41%), Vitamin B3: 4.96mg (24.8%), Vitamin B6: 0.47mg (23.43%), Manganese: 0.46mg (23.09%), Phosphorus: 222.4mg (22.24%), Selenium: 15.19µg (21.7%), Zinc: 3.22mg (21.44%), Iron: 3.48mg (19.32%), Vitamin K: 19.05µg (18.14%), Vitamin A: 893.02IU (17.86%), Potassium: 509.14mg (14.55%), Vitamin B1: 0.21mg (13.91%), Vitamin B2: 0.23mg (13.44%), Magnesium: 53.24mg (13.31%), Folate: 48.98µg (12.25%), Fiber: 2.86g (11.44%), Copper: 0.2mg (10.09%), Vitamin B5: 0.86mg (8.61%), Calcium: 57.44mg (5.74%), Vitamin E: 0.45mg (3.02%)