

Vietnamese Stir-Fry

 Gluten Free  Dairy Free

READY IN



175 min.

SERVINGS



6

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup fish sauce
- 0.3 cup cilantro leaves fresh chopped
- 1 inch ginger root fresh minced
- 1 tablespoon mint leaves fresh chopped
- 2 cloves garlic minced
- 2 cups green beans whole frozen thawed
- 3 green onions cut into 2 inch pieces
- 0.5 teaspoon ground pepper black

- 2 tablespoons juice of lime
- 0.5 cup beef broth reduced-sodium
- 0.3 cup soya sauce reduced-sodium
- 0.3 cup olive oil
- 1 large onion thinly sliced
- 1 pinch pepper flakes red to taste
- 1 dash sesame oil
- 2 pounds sirloin tip thinly sliced
- 1 tablespoon thai basil fresh chopped
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- whisk
- ziploc bags

Directions

- Whisk together the olive oil, 4 cloves of garlic, ginger, fish sauce, soy sauce, and sesame oil in a bowl, and pour into a resealable plastic bag.
- Add the beef sirloin tip, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 hours.
- Remove the beef sirloin tip from the marinade, and shake off excess. Discard the remaining marinade.
- Heat vegetable oil in a large skillet over medium-high heat and stir in the beef. Cook and stir until the beef is evenly browned, and no longer pink.
- Place beef on a plate and set aside. Reduce heat to medium, adding more vegetable oil to the skillet if needed. Stir in 2 cloves of garlic, green onion, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in green beans, beef broth, lime juice, basil, mint, red pepper flakes and pepper. Return beef sirloin to skillet and toss to combine.

Remove from heat and toss in cilantro.

Nutrition Facts

PROTEIN 44.77% **FAT 45.94%** **CARBS 9.29%**

Properties

Glycemic Index:47.33, Glycemic Load:1.47, Inflammation Score:-7, Nutrition Score:25.247826120128%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 327.48kcal (16.37%), Fat: 16.52g (25.42%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 5.66g (2.06%), Sugar: 2.92g (3.25%), Cholesterol: 92.23mg (30.74%), Sodium: 1269.83mg (55.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.22g (72.45%), Vitamin B12: 4.39µg (73.1%), Selenium: 48.81µg (69.73%), Zinc: 8.97mg (59.82%), Vitamin B6: 1.1mg (55.03%), Vitamin B3: 9.43mg (47.17%), Vitamin K: 41.99µg (39.99%), Phosphorus: 376.89mg (37.69%), Iron: 4.5mg (25%), Potassium: 845.82mg (24.17%), Vitamin B2: 0.4mg (23.26%), Magnesium: 77.43mg (19.36%), Vitamin B5: 1.43mg (14.27%), Vitamin E: 2.01mg (13.43%), Manganese: 0.26mg (13.18%), Vitamin C: 9.88mg (11.97%), Vitamin B1: 0.18mg (11.75%), Folate: 43.16µg (10.79%), Copper: 0.21mg (10.66%), Vitamin A: 420.89IU (8.42%), Fiber: 1.85g (7.39%), Calcium: 45.18mg (4.52%)