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Gluten Free Beef A La Sichuan Combo Lunch ♦

A delicious and flavorful gluten-free beef dish inspired by Sichuan cuisine. This combo lunch includes white rice and is perfect for those who enjoy spicy and bold flavors.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Beef
2 tsp	sichuan peppercorns
4 cloves	garlic
2 tsp	Ginger
4 tbsp	soy sauce

2 tbsp	rice vinegar
2 tsp	sesame oil
2 tbsp	cornstarch
1 c	Water
2 tbsp	vegetable oil
1 tsp	red chili flakes
4 stalks	Green Onions
2 c	White rice

Directions

Step 1

Cutting

Slice the beef into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together soy sauce, rice vinegar, sesame oil, and cornstarch to make a sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stir-frying

Heat vegetable oil in a large skillet or wok over medium-high heat. Add Sichuan peppercorns, garlic, and ginger. Stir-fry for 1 minute.

Prep Time: 2 mins

Cook Time: 1 mins

Step 4

Stir-frying

Add the beef to the skillet and stir-fry until browned and cooked through, about 5-7 minutes.

Prep Time: 0 mins

Cook Time: 7 mins

Step 5

Stir-frying

Pour the sauce over the beef and stir-fry for an additional 2 minutes, until the sauce thickens.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Remove from heat and garnish with red chili flakes and chopped green onions.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the gluten-free beef a la Sichuan combo lunch with white rice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	500 iu	55.56%	71.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	100 mg	10%	10%
Iron	4 mg	50%	22.22%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Chinese

Mexican

Italian

Course

Snacks

Cultural

Cinco de Mayo

Diet

Traditional Chinese Medicine (TCM) Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

The Cabbage Soup Diet

The Hallelujah Diet

The Mayo Clinic Diet

The Beverly Hills Diet

The Hollywood Diet

The Lemonade Diet

The Grapefruit Diet

The Rice Diet

The Sleeping Beauty Diet

Meal Type

Lunch

Supper

Difficulty Level

Medium

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