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## Mongolian Beef ♦♦

Mongolian beef is a popular Chinese dish that features tender strips of beef stir-fried with green onions and a savory sauce. It is typically served with steamed rice or noodles. The dish is known for its bold flavors and tender texture.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	Beef
<b>100 g</b>	Green Onions
<b>3 cloves</b>	garlic
<b>2 tsp</b>	Ginger
<b>3 tbsp</b>	soy sauce

2 tbsp	brown sugar
2 tbsp	cornstarch
2 tbsp	vegetable oil
2 tbsp	Water

## Directions

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### Step 1

Cut

Slice the beef into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Mixing

In a small bowl, mix together soy sauce, brown sugar, cornstarch, and water to make the sauce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Heating

Heat vegetable oil in a large skillet or wok over high heat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Stir-frying

Add garlic and ginger to the skillet and stir-fry for 1 minute.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## Step 5

Stir-frying

Add the beef to the skillet and stir-fry until browned and cooked through, about 3-4 minutes.

**Prep Time:** 1 mins

**Cook Time:** 3 mins

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## Step 6

Stir-frying

Pour the sauce over the beef and stir-fry for an additional 1-2 minutes, until the sauce has thickened.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 7

Stir-frying

Add the green onions to the skillet and stir-fry for 1 minute.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## Step 8

Serving

Remove from heat and serve hot with steamed rice or noodles.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 30 g

**Carbohydrates:** 10 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	20 mg	181.82%	250%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Cuisines

Chinese

Indian

Mexican

## Course

Salads

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

TLC Diet (Therapeutic Lifestyle Changes)

Nordic Diet

Okinawa Diet

Alkaline Diet

Macrobiotic Diet

Intermittent Fasting

5:2 Diet

16:8 Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Body for Life Diet

Low FODMAP Diet

Slow Carb Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

Anti-Inflammatory Diet

The Acid Reflux Diet

Gluten-Free Diet

Low Glycemic Index Diet

Low Sodium Diet

The Fast Metabolism 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    The Baby Food Diet    The 3-Hour Diet  
The French Women Don't Get Fat Diet    The Cookie Diet    The F-Plan Diet  
The Israeli Army Diet    The Air Diet    The Breatharian Diet    The Werewolf Diet  
The Five-Bite Diet    The Negative Calorie Diet    The Ice Cream Diet  
The Master Cleanse Diet    The Subway Diet    The SlimFast Diet  
The Cambridge Diet    The Shangri-La Diet    The Best Life Diet    The 3-Day Diet  
The CICO (Calories In, Calories Out) Diet    The Eat-Clean Diet  
The Peanut Butter Diet    The Bulletproof Diet    The Carnivore Diet  
The Dukan Diet    The HCG Diet    The Optavia Diet    The Pritikin Diet  
The Starch Solution Diet    The Vertical Diet    The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet  
The Specific Carbohydrate Diet (SCD)    The Anti-Candida Diet    The Dr. Sebi Diet  
The Crohn's Disease Diet    The Ulcerative Colitis Diet    The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)  
The GERD Diet (Gastroesophageal Reflux Disease)  
The PCOS (Polycystic Ovary Syndrome) Diet  
The SIBO (Small Intestinal Bacterial Overgrowth) Diet  
The Histamine Intolerance Diet    The IBS (Irritable Bowel Syndrome) Diet  
The Salicylate Sensitivity Diet    The Low Oxalate Diet    The Diabetes Diet  
The Hypothyroidism Diet    The Hyperthyroidism Diet  
The Epilepsy Diet (Modified Atkins Diet for Seizures)    The Parkinson's Disease Diet  
The Multiple Sclerosis (MS) Diet    The Fibromyalgia Diet  
The Chronic Fatigue Syndrome Diet    The Arthritis Diet    The Osteoporosis Diet  
The Heart-Healthy Diet    The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet



The Low Purine Diet    The High-Fiber Diet    The Low-Fat Diet

The High-Protein Diet    The Low-Protein Diet    The High-Calcium Diet

The High-Potassium Diet    The Low-Potassium Diet    The High-Iron Diet

The Low-Iron Diet    The Low-Phosphorus Diet    The High-Vitamin D Diet

The High-Vitamin C Diet    The High-Vitamin K Diet    The Low-Vitamin K Diet

The Low-Copper Diet    The Spring Detox Diet    The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet    The Winter Warming Diet    The Low-Sulfur Diet

The High-Sulfur Diet    The Eczema Diet    The Psoriasis Diet    The Rosacea Diet

The Acne Diet    The Migraine Diet    The Celiac Disease Diet

The Gallbladder Diet    The Kidney Stone Diet    The Anti-Anxiety Diet

The Depression Diet    The Adrenal Fatigue Diet    The Endometriosis Diet

The Hashimoto's Disease Diet    The Lyme Disease Diet    The Diverticulitis Diet

The Restless Leg Syndrome Diet    The Tinnitus Diet    The Interstitial Cystitis Diet

The Gastroparesis Diet    The Menopause Diet    The Post-Pregnancy Diet

The Fertility Diet    The Breastfeeding Diet    The Low-Nickel Diet

The Chronic Urticaria Diet    The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet    The Raynaud's Disease Diet

The Sjögren's Syndrome Diet    The Low Tyramine Diet    The Lactose-Free Diet

The Fructose Malabsorption Diet    The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet    The Chronic Pancreatitis Diet

The Sarcoidosis Diet    The Leaky Gut Syndrome Diet    The Behçet's Disease Diet

The Graves' Disease Diet    The Addison's Disease Diet

The Cushing's Syndrome Diet    The Ankylosing Spondylitis Diet    The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet    The Asthma Diet

The Sinusitis Diet

The Bronchiectasis Diet

The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Autism Diet

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

## Cooking Method

Grilling

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

## Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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