Low-Carb Recipe: Hot Beef Wok

Nutrition Facts

Amount Per Serving	
Calories	333 kcal
Protein	40.5g
Carbohydrate	7.1g
Fat	12.9g
Dietary Fiber	3.1g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 200g Beef
- 30g Paprika
- 30g Kidney Beans
- 30g Green Beans
- 5ml Sesame oil
- Pepper
- Salt
- Chili powder
- Garlic powder

Preparation: Cut beef into small stripes and roast it for about 12 - 15 minutes. Cut the veggies and add it to the pan after five minutes. Roast all together and flavor it with salt, pepper, chili powder (hot!) and garlic powder. Finally add a bit of sesame oil. This low-carb meal contains 40g of protein and only 7g of carbs.

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Enjoy this low-carb meal and stay fit!