

Kung Pao Beef

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-peanut-satay-beef-recipe>

Ingredients:

- 2 pounds beef shredded, slices
- 1 cup peanuts
- 3 stalks green onions chopped
- 1/2 cup red pepper flakes
- 1 teaspoon Chinese 5 spice
- 1 teaspoon chili oil
- 1 teaspoon chicken bouillon
- 1 teaspoon oil Peppercorn
- 1 teaspoon sesame oil
- 1 teaspoon garlic salt
- 1 tablespoon soy sauce
- 1 teaspoon black pepper
- 1 tablespoon minced garlic
- 1 tablespoon rice wine

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 155 milligrams
4. Fat: 57 grams
5. Fiber: 7 grams
6. Protein: 55 grams
7. SaturatedFat: 17 grams
8. Sodium: 480 milligrams
9. Sugar: 3 grams
10. TransFat: 2.5 grams

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