

Keto Low Carb Mongolian Beef

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/east-low-carb-recipe>

Ingredients:

- 1 pound flat iron steak thinly sliced against the grain
- 1/4 cup coconut oil
- 3 green onions cut into 1-inch long diagonal slices
- 1/4 cup coconut aminos
- 1 teaspoon ginger grated
- 2 cloves garlic chopped

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 75 milligrams
4. Fat: 26 grams
5. Protein: 22 grams
6. SaturatedFat: 16 grams
7. Sodium: 85 milligrams

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