



Apricot Beef Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apricot preserves
- 1 pound beef top sirloin steaks thinly sliced
- 1 tablespoon canola oil
- 4 servings rice hot cooked
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- 1 teaspoon cornstarch
- 0.5 teaspoon garlic minced

- 0.3 teaspoon pepper red crushed
- 0.3 teaspoon salt
- 2 tablespoons soya sauce
- 16 ounces savory vegetable frozen
- 16 ounces savory vegetable frozen
- 0.3 cup water cold

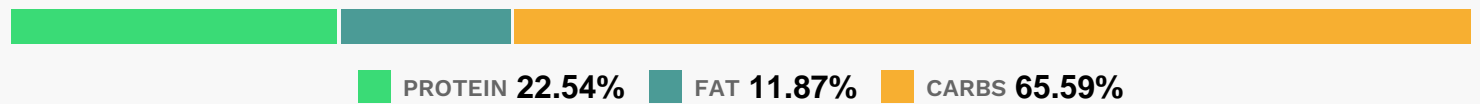
Equipment

- bowl
- frying pan
- whisk
- wok

Directions

- In a small bowl, whisk cornstarch and cold water until smooth. Stir in the apricot preserves, soy sauce, garlic, salt and pepper flakes; set aside.
- In a large skillet or wok, stir-fry beef in oil until no longer pink; remove and keep warm. In the same pan, stir-fry vegetable blend according to package directions. Return beef to the pan. Stir apricot mixture and add to beef mixture. Cook and stir until slightly thickened.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:115.5, Glycemic Load:81.49, Inflammation Score:-10, Nutrition Score:34.446522101112%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 707.99kcal (35.4%), Fat: 9.45g (14.53%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 117.48g (39.16%), Net Carbohydrates: 107.24g (39%), Sugar: 13.12g (14.58%), Cholesterol: 66.9mg (22.3%), Sodium: 835.28mg (36.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.75%), Vitamin A: 11614.43IU (232.29%), Manganese: 1.75mg (87.51%), Selenium: 54.37µg (77.66%), Vitamin B6: 1.18mg (59.07%), Vitamin B3: 11.51mg (57.53%), Phosphorus: 488.59mg (48.86%), Zinc: 6.79mg (45.24%), Fiber: 10.24g (40.95%), Vitamin C: 26.31mg (31.89%), Potassium: 1014.43mg (28.98%), Magnesium: 114.18mg (28.55%), Vitamin B1: 0.42mg (27.7%), Iron: 4.84mg (26.92%), Copper: 0.51mg (25.43%), Vitamin B2: 0.38mg (22.44%), Folate: 89.58µg (22.4%), Vitamin B5: 2.08mg (20.79%), Vitamin B12: 1.07µg (17.77%), Calcium: 114.7mg (11.47%), Vitamin E: 1.11mg (7.41%), Vitamin K: 3.88µg (3.7%)