



Asian Beef Stir-Fry

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup lite asian sesame dressing toasted kraft
- 1 lb beef sirloin steak boneless cut into thin strips
- 16 oz bell pepper and onion strips frozen thawed drained
- 3 cups brown rice long-grain hot cooked
- 2 tsp garlic minced
- 0.3 cup lite soy sauce

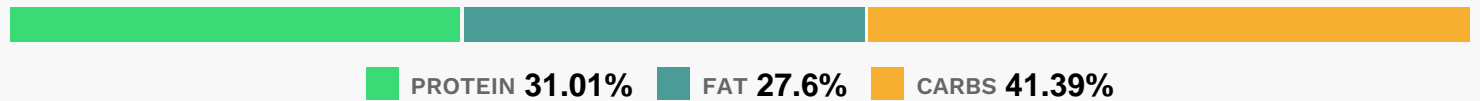
Equipment

- frying pan

Directions

- Heat large heavy nonstick skillet on medium-high heat.
- Add meat and garlic; stir-fry 2 min.
- Add vegetables, dressing and soy sauce; stir-fry 3 min. or until vegetables are crisp-tender and meat is done.
- Spoon rice onto platter; top with meat mixture.

Nutrition Facts



Properties

Glycemic Index:3.85, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:7.2360870786335%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 83.17kcal (4.16%), Fat: 2.55g (3.92%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 7.54g (2.74%), Sugar: 1.37g (1.52%), Cholesterol: 13.38mg (4.46%), Sodium: 208.36mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Vitamin C: 29.12mg (35.29%), Manganese: 0.31mg (15.59%), Selenium: 9.99µg (14.27%), Vitamin A: 711.25IU (14.22%), Vitamin B6: 0.26mg (13.01%), Vitamin B3: 2.25mg (11.26%), Phosphorus: 83.38mg (8.34%), Zinc: 1.17mg (7.78%), Magnesium: 21.75mg (5.44%), Potassium: 153.57mg (4.39%), Fiber: 1.06g (4.25%), Vitamin B1: 0.06mg (3.97%), Vitamin E: 0.59mg (3.91%), Folate: 15.08µg (3.77%), Iron: 0.68mg (3.77%), Vitamin B12: 0.21µg (3.55%), Vitamin B2: 0.06mg (3.44%), Vitamin B5: 0.32mg (3.16%), Vitamin K: 3.29µg (3.13%), Copper: 0.06mg (2.77%), Calcium: 11.18mg (1.12%)