Asparagus & Beef Stir-Fry

 Gluten Free   Dairy Free

READY IN	SERVINGS	CALORIES
25 min.	25	61 kcal

ANTIPASTI   STARTER   SNACK   APPETIZER

Ingredients

- [ ] 1 lb asparagus spears fresh trimmed
- [ ] 1 lb beef sirloin steak boneless cut into thin strips
- [ ] 0.5 cup classic catalina dressing kraft
- [ ] 2 cups rice long-grain white hot cooked
- [ ] 6 green onions diagonally sliced
- [ ] 1 bell pepper red cut into strips
- [ ] 2 Tbsp lite soy sauce

Equipment

- [ ] frying pan
- [ ] wok

Directions

- [ ] Mix dressing and soy sauce in wok or large skillet.
- [ ] Add meat; stir-fry on medium-high heat 3 min.
- [ ] Add asparagus and peppers; stir-fry 5 min. or until meat is done. Top with onions.
- [ ] Serve over rice.

Nutrition Facts

PROTEIN 33.66%   **FAT 24.1%**   **CARBS 42.24%**

Properties

Glycemic Index:8.8, Glycemic Load:4.04, Inflammation Score:-3, Nutrition Score:4.664347804111%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 60.83kcal (3.04%), Fat: 1.6g (2.46%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.7g (2.07%), Sugar: 1.96g (2.18%), Cholesterol: 10.7mg (3.57%), Sodium: 153.49mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin K: 13.94µg (13.28%), Selenium: 6.99µg (9.98%), Vitamin C: 7.65mg (9.27%), Vitamin B6: 0.16mg (8.03%), Vitamin B3: 1.52mg (7.6%), Vitamin A: 314.92IU (6.3%), Zinc: 0.92mg (6.1%), Phosphorus: 57.33mg (5.73%), Manganese: 0.11mg (5.37%), Iron: 0.8mg (4.46%), Folate: 16.46µg (4.12%), Potassium: 126.89mg (3.63%), Vitamin B2: 0.06mg (3.38%), Vitamin B1: 0.05mg (3.14%), Copper: 0.06mg (3.11%), Vitamin B12: 0.17µg (2.84%), Magnesium: 9.95mg (2.49%), Fiber: 0.62g (2.47%), Vitamin B5: 0.24mg (2.4%), Vitamin E: 0.35mg (2.35%), Calcium: 12.3mg (1.23%)