



Beef and Asparagus Stir-Fry



Gluten Free



Dairy Free



Very Healthy

READY IN



21 min.

SERVINGS



2

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound asparagus fresh
- ☐ 1 cup mushrooms fresh sliced
- ☐ 3 green onions
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 cup rice s hot cooked without salt or fat
- ☐ 1 teaspoon sesame seed
- ☐ 0.3 cup teriyaki sauce low-sodium
- ☐ 0.5 pound beef top sirloin steaks boneless lean trimmed cut into 1/8-inch-thick slices

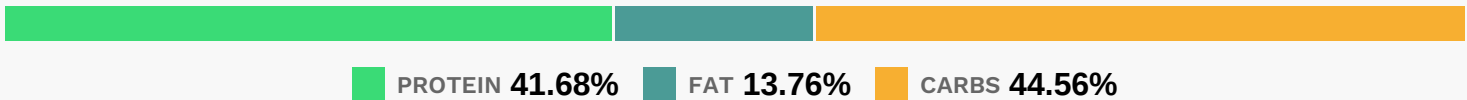
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ peeler

Directions

- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add sesame seeds. Cook, stirring constantly, 1 to 2 minutes or until toasted. Set aside.
- ☐ Snap off tough ends of asparagus.
- ☐ Remove scales from stalks with a knife or vegetable peeler, if desired.
- ☐ Cut asparagus diagonally into 1-inch pieces. Set aside.
- ☐ Coat skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add beef, and cook, stirring constantly, 3 minutes or to desired degree of doneness.
- ☐ Drain beef, and pat dry with paper towels; wipe drippings from skillet with a paper towel.
- ☐ Coat skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add asparagus, mushrooms, crushed red pepper, and green onions. Cook, stirring constantly, 3 to 4 minutes or until asparagus is crisp-tender. Return beef to skillet, and add teriyaki sauce and cook, stirring constantly, 1 additional minute.
- ☐ Place 1/2 cup rice on each of 2 individual serving plates. Spoon meat mixture evenly over rice; sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:120, Glycemic Load:25.54, Inflammation Score:-9, Nutrition Score:33.469565293063%

Flavonoids

Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg Quercetin: 25.7mg, Quercetin: 25.7mg, Quercetin: 25.7mg, Quercetin: 25.7mg

Nutrients (% of daily need)

Calories: 335.53kcal (16.78%), Fat: 5.18g (7.96%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 32.64g (11.87%), Sugar: 9.7g (10.78%), Cholesterol: 66.9mg (22.3%), Sodium: 1455.98mg (63.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.28g (70.56%), Vitamin K: 109.53µg (104.32%), Selenium: 50.13µg (71.61%), Vitamin B3: 11.67mg (58.37%), Vitamin B6: 1.05mg (52.52%), Phosphorus: 472.11mg (47.21%), Zinc: 6.29mg (41.9%), Iron: 6.93mg (38.51%), Manganese: 0.73mg (36.72%), Vitamin B2: 0.62mg (36.68%), Copper: 0.71mg (35.51%), Folate: 129.16µg (32.29%), Vitamin A: 1539.61IU (30.79%), Potassium: 1068.95mg (30.54%), Vitamin B1: 0.41mg (27.48%), Magnesium: 93.14mg (23.28%), Vitamin B5: 2.32mg (23.23%), Fiber: 5.08g (20.31%), Vitamin B12: 1.09µg (18.09%), Vitamin C: 13.92mg (16.87%), Vitamin E: 2.47mg (16.49%), Calcium: 107.65mg (10.76%)