



## Beef and Broccoli Stir-Fry from Birds Eye®



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup stir-fry sauce prepared
- ☐ 1 pound rump steak boneless cut into thin slices
- ☐ 1 tablespoon vegetable oil
- ☐ 10 ounce rice long grain white cooked birds eye® steamfresh®

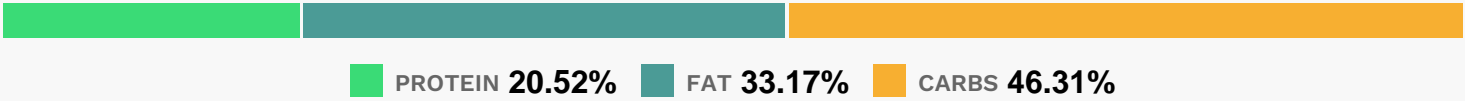
## Equipment

- ☐ frying pan

# Directions

- ☐ Heat oil in large nonstick skillet over medium-high heat and cook steak, stirring frequently, 6 minutes or until almost done.
- ☐ Remove steak; keep warm.
- ☐ Add Recipe Ready Broccoli Stir Fry and continue cooking, stirring frequently, 4 minutes or until vegetables are tender.
- ☐ Add back steak and stir-fry sauce and cook, stirring frequently, 2 minutes or until heated through.\*\*
- ☐ Serve over prepared rice and sprinkle, if desired, with chopped peanuts.

## Nutrition Facts



## Properties

Glycemic Index:15.3, Glycemic Load:34.11, Inflammation Score:-1, Nutrition Score:15.187391415886%

## Nutrients (% of daily need)

Calories: 576.57kcal (28.83%), Fat: 20.7g (31.85%), Saturated Fat: 7.46g (46.63%), Carbohydrates: 65.03g (21.68%), Net Carbohydrates: 64.11g (23.31%), Sugar: 6.92g (7.69%), Cholesterol: 63.5mg (21.17%), Sodium: 419.66mg (18.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.82g (57.63%), Vitamin B12: 3.15µg (52.54%), Selenium: 29.41µg (42.02%), Manganese: 0.79mg (39.29%), Zinc: 4.49mg (29.95%), Phosphorus: 278.82mg (27.88%), Vitamin B6: 0.55mg (27.36%), Vitamin B3: 5.25mg (26.25%), Iron: 2.85mg (15.82%), Vitamin B2: 0.24mg (14.05%), Potassium: 431.9mg (12.34%), Copper: 0.25mg (12.28%), Vitamin B1: 0.16mg (10.87%), Vitamin B5: 1.07mg (10.7%), Magnesium: 40.4mg (10.1%), Vitamin K: 6.32µg (6.02%), Fiber: 0.92g (3.69%), Folate: 12.47µg (3.12%), Calcium: 26.65mg (2.66%), Vitamin E: 0.36mg (2.37%)