



Beef and Mushroom Pilaf



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 pound sirloin beef tips boneless cut into thin strips
- ☐ 3 cups mushrooms sliced
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup rice long grain uncooked
- ☐ 2 cups beef broth (from 32 oz carton)
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon sesame oil dark

- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 cup spring onion sliced

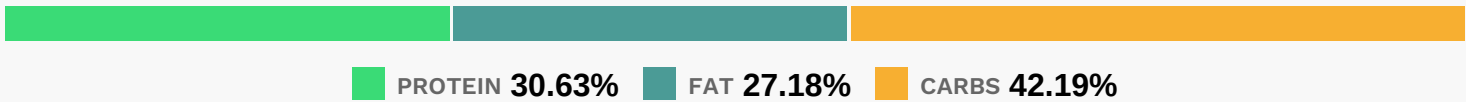
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in 10-inch skillet over medium-high heat. Cook beef in oil, stirring occasionally, until brown.
- ☐ Remove beef from skillet.
- ☐ Add mushrooms and garlic to skillet. Cook about 3 minutes, stirring occasionally, until mushrooms begin to brown.
- ☐ Stir in rice. Stir in broth, Worcestershire sauce, sesame oil and bell pepper.
- ☐ Heat to boiling; reduce heat. Return beef to skillet. Cover and simmer without stirring 15 to 20 minutes or until rice is tender and liquid is absorbed.
- ☐ Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:46.8, Glycemic Load:23.57, Inflammation Score:-8, Nutrition Score:27.695217192173%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 419.54kcal (20.98%), Fat: 12.56g (19.32%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 41.39g (15.05%), Sugar: 3.78g (4.2%), Cholesterol: 62.37mg (20.79%), Sodium: 577.08mg (25.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.83g (63.66%), Selenium: 47.52µg (67.89%), Vitamin C: 52.56mg (63.71%), Vitamin B3: 11.96mg (59.78%), Vitamin B6: 1.01mg (50.47%), Vitamin K: 41.7µg (39.72%), Zinc: 5.73mg (38.19%), Phosphorus: 380.06mg (38.01%), Manganese: 0.65mg (32.53%), Vitamin B2:

0.54mg (31.79%), Vitamin A: 1294.42IU (25.89%), Vitamin B12: 1.53µg (25.5%), Potassium: 882.21mg (25.21%),
Vitamin B5: 2.42mg (24.19%), Copper: 0.47mg (23.52%), Iron: 3.55mg (19.72%), Vitamin B1: 0.23mg (15.06%), Folate:
57.47µg (14.37%), Magnesium: 54.42mg (13.61%), Vitamin E: 1.6mg (10.64%), Fiber: 2.46g (9.84%), Calcium: 63.86mg
(6.39%)