



HEALTH SCORE

90%

Beef-and-Vegetable Stir-Fry



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 4 small carrots
- ☐ 2 cups rice hot cooked
- ☐ 1 tablespoon sesame oil dark divided
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 2 garlic cloves minced
- ☐ 5 green onions cut into 1-inch pieces

- ☐ 1 tablespoon hoisin sauce
- ☐ 1 small bell pepper red cut into thin strips
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 cup lite soy sauce
- ☐ 12 ounces top round steak cut into thin strips
- ☐ 0.3 cup water

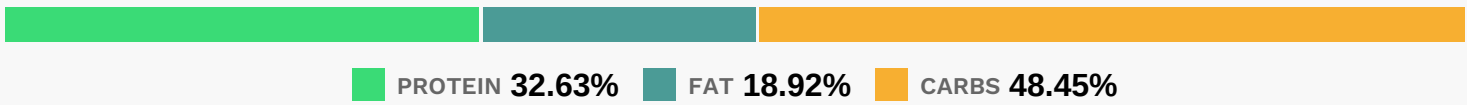
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Snap off tough ends of asparagus; cut spears into 1-inch pieces, and set aside.
- ☐ Dredge steak in flour; set aside.
- ☐ Stir together soy sauce, 1/4 cup water, garlic, 1 teaspoon sesame oil, hoisin sauce, and crushed red pepper.
- ☐ Heat remaining 2 teaspoons oil in a large skillet or wok over medium-high heat 2 minutes.
- ☐ Add beef and carrot, and stir-fry 4 minutes.
- ☐ Add soy sauce mixture, and stir-fry 1 minute.
- ☐ Add asparagus, bell pepper, mushrooms, and green onions, and stir-fry 3 minutes.
- ☐ Serve over rice.
- ☐ Vegetable Stir-fry: Omit round steak and flour, and stir-fry vegetables as directed above.

Nutrition Facts



Properties

Glycemic Index:100.96, Glycemic Load:30.04, Inflammation Score:-10, Nutrition Score:32.692173881375%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 17.63mg, Quercetin: 17.63mg, Quercetin: 17.63mg, Quercetin: 17.63mg

Nutrients (% of daily need)

Calories: 339.34kcal (16.97%), Fat: 7.2g (11.08%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 36.02g (13.1%), Sugar: 7.28g (8.09%), Cholesterol: 52mg (17.33%), Sodium: 973.66mg (42.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.87%), Vitamin A: 9976.51IU (199.53%), Vitamin K: 87.42µg (83.26%), Selenium: 39.27µg (56.1%), Vitamin B6: 0.95mg (47.69%), Vitamin B3: 9.44mg (47.18%), Vitamin C: 36.54mg (44.29%), Manganese: 0.83mg (41.69%), Zinc: 5.31mg (35.41%), Phosphorus: 350.74mg (35.07%), Iron: 5.47mg (30.36%), Folate: 116.8µg (29.2%), Vitamin B2: 0.46mg (27.15%), Potassium: 902.51mg (25.79%), Vitamin B1: 0.38mg (25.06%), Copper: 0.48mg (23.85%), Fiber: 5.45g (21.8%), Vitamin B12: 1.15µg (19.22%), Magnesium: 67.62mg (16.91%), Vitamin B5: 1.67mg (16.74%), Vitamin E: 2.38mg (15.85%), Calcium: 91.38mg (9.14%)