



Beef and Vegetable Stir-Fry

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb beef flank steak cut into thin strips
- 2 Tbsp lite catalina dressing kraft
- 2 tsp cornstarch
- 0.8 tsp ground ginger
- 2 cups brown rice instant uncooked
- 0.3 cup planters roasted peanuts dry
- 16 oz stir-fry vegetables frozen thawed drained
- 0.3 cup lite soy sauce

Equipment

frying pan

Directions

- Cook rice as directed on package, omitting salt.
- Meanwhile, mix soy sauce, dressing and ginger until blended; set aside. Toss meat with cornstarch; cook and stir in large nonstick skillet sprayed with cooking spray on medium-high heat 3 min. or until done.
- Add vegetables and soy sauce mixture; cook and stir 3 min. or until sauce is thickened and vegetables are heated through.
- Spoon over rice; top with nuts.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:4.9617391753456%

Nutrients (% of daily need)

Calories: 77.36kcal (3.87%), Fat: 2.04g (3.14%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.11g (2.95%), Sugar: 0.46g (0.51%), Cholesterol: 10.89mg (3.63%), Sodium: 170.41mg (7.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Vitamin A: 921.35IU (18.43%), Selenium: 8.18µg (11.68%), Vitamin B3: 2.15mg (10.76%), Manganese: 0.17mg (8.75%), Vitamin B6: 0.15mg (7.38%), Folate: 28.42µg (7.1%), Vitamin B1: 0.1mg (6.84%), Phosphorus: 64.05mg (6.4%), Zinc: 0.93mg (6.19%), Iron: 0.98mg (5.42%), Fiber: 1.01g (4.04%), Potassium: 117.34mg (3.35%), Magnesium: 13.03mg (3.26%), Vitamin B12: 0.17µg (2.75%), Vitamin B2: 0.04mg (2.63%), Copper: 0.05mg (2.61%), Vitamin C: 1.89mg (2.29%), Vitamin B5: 0.2mg (2.04%), Calcium: 11.26mg (1.13%)