



Beef, Asparagus and Portobello Stir-Fry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus cut into 2-inch diagonal pieces
- 1.8 cups beef broth organic swanson® (regular, Lower Sodium or Certified)
- 1 pound beef top sirloin steaks boneless
- 1 tablespoon brown sugar packed
- 2 tablespoons cornstarch
- 0.3 teaspoon garlic powder
- 2 tablespoons soy sauce low-sodium
- 2 large portabello mushrooms sliced

4 cups rice long-grain white hot cooked

0.5 cup roasted peppers red

Equipment

frying pan

Directions

Slice beef into very thin strips.

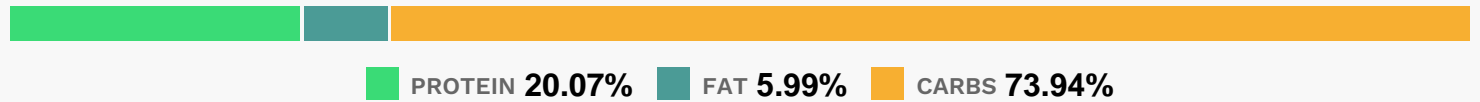
Mix cornstarch, broth, soy, sugar and garlic powder until smooth. Set aside.

Cook beef in nonstick skillet over medium-high heat until browned.

Add asparagus, mushrooms and roasted pepper. Stir broth mixture and add. Cook until mixture boils and thickens, stirring constantly.

Serve over rice.

Nutrition Facts



Properties

Glycemic Index:24.55, Glycemic Load:89.68, Inflammation Score:-8, Nutrition Score:36.749565116737%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 893.51kcal (44.68%), Fat: 5.83g (8.97%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 161.83g (53.94%), Net Carbohydrates: 156.18g (56.79%), Sugar: 6.36g (7.06%), Cholesterol: 66.9mg (22.3%), Sodium: 998.29mg (43.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.93g (87.86%), Manganese: 2.31mg (115.59%), Selenium: 74.3µg (106.15%), Vitamin B3: 14.3mg (71.52%), Vitamin B6: 1.24mg (61.98%), Phosphorus: 588.19mg (58.82%), Zinc: 7.49mg (49.94%), Vitamin K: 48.61µg (46.29%), Copper: 0.86mg (42.99%), Iron: 6.34mg (35.22%), Vitamin B5: 3.47mg (34.66%), Potassium: 1116.28mg (31.89%), Vitamin B2: 0.49mg (28.7%), Vitamin B1: 0.41mg (27.47%), Folate: 108.81µg (27.2%), Magnesium: 98.29mg (24.57%), Fiber: 5.65g (22.6%), Vitamin B12: 1.16µg (19.34%), Vitamin A: 948.29IU (18.97%), Vitamin C: 14.49mg (17.56%), Calcium: 123.82mg (12.38%), Vitamin E: 1.84mg (12.3%)