



## Beef Fried Rice

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**20**

CALORIES



**88 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 lb beef sirloin steak boneless thinly sliced
- 11 oz mandarin orange segments drained canned
- 3 Tbsp lite catalina dressing kraft
- 1 cup chicken broth fat-free reduced-sodium
- 0.3 cup green onions chopped
- 2 cups brown rice instant uncooked
- 2 cups stir-fry vegetables frozen
- 2 Tbsp lite soy sauce

# Equipment

wok

# Directions

- Cook meat in nonstick wok on high heat 3 min. or until evenly browned, stirring occasionally.
- Add next 5 ingredients; stir. Bring to boil; cover. Simmer 5 min.
- Remove from heat.
- Let stand 5 min.
- Add oranges and onions; fluff with fork.

# Nutrition Facts



# Properties

Glycemic Index:4.6, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:6.3782608483149%

# Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

# Nutrients (% of daily need)

Calories: 88.18kcal (4.41%), Fat: 1.43g (2.2%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 10.8g (3.93%), Sugar: 2.01g (2.24%), Cholesterol: 13.38mg (4.46%), Sodium: 199.77mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.45%), Vitamin A: 1145.38IU (22.91%), Selenium: 10.59µg (15.13%), Vitamin B3: 2.51mg (12.55%), Vitamin B6: 0.18mg (9.17%), Vitamin C: 7.49mg (9.08%), Vitamin B1: 0.14mg (9.02%), Folate: 34.16µg (8.54%), Zinc: 1.21mg (8.07%), Phosphorus: 74.66mg (7.47%), Manganese: 0.14mg (7.23%), Iron: 1.21mg (6.7%), Fiber: 1.14g (4.54%), Potassium: 154.9mg (4.43%), Vitamin B12: 0.24µg (3.93%), Vitamin K: 3.71µg (3.53%), Magnesium: 13.67mg (3.42%), Vitamin B2: 0.06mg (3.32%), Copper: 0.06mg (3.1%), Vitamin B5: 0.24mg (2.37%), Calcium: 15.32mg (1.53%)