



Beef & Poblano Stir-Fry

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup balsamic vinaigrette dressing kraft
- 1.5 lb beef sirloin steak boneless cut into 1/2-inch-wide strips
- 1 Tbsp brown sugar
- 3 cup rice long-grain white hot cooked
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 2 Tbsp oil divided
- 1 large onion sliced

- 3 poblano chiles deveined peeled seeded thinly sliced
- 0.5 cup planters roasted peanuts dry chopped
- 2 Tbsp lite soy sauce
- 1 lb sweet potatoes peeled cut into matchlike sticks (2)

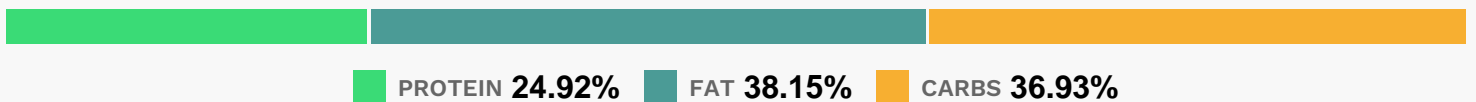
Equipment

- bowl
- frying pan

Directions

- Mix dressing, sugar and soy sauce until blended.
- Heat 1-1/2 tsp. oil in large skillet on medium-high heat.
- Add 1/3 of the meat; cook 1 to 2 min. or until lightly browned, stirring frequently.
- Transfer to medium bowl. Repeat in 2 batches with remaining meat and 1 Tbsp. of the remaining oil.
- Heat remaining oil in same skillet.
- Add potatoes and onions; cook 15 min. or until potatoes are tender, stirring occasionally. Return meat to skillet.
- Add chiles and garlic. Stir in dressing mixture; cook 3 min. or until heated through, stirring occasionally.
- Top with nuts and cilantro.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:7.03, Glycemic Load:4.83, Inflammation Score:-8, Nutrition Score:5.2160870251448%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 79.87kcal (3.99%), Fat: 3.38g (5.19%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 6.58g (2.39%), Sugar: 1.35g (1.5%), Cholesterol: 10.04mg (3.35%), Sodium: 100.95mg (4.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin A: 1648.63IU (32.97%), Vitamin C: 7.78mg (9.43%), Selenium: 6.41µg (9.16%), Vitamin B6: 0.18mg (8.89%), Vitamin B3: 1.57mg (7.83%), Manganese: 0.15mg (7.41%), Phosphorus: 57.34mg (5.73%), Zinc: 0.85mg (5.65%), Potassium: 139.2mg (3.98%), Magnesium: 13.21mg (3.3%), Fiber: 0.77g (3.09%), Vitamin B5: 0.29mg (2.93%), Copper: 0.06mg (2.78%), Vitamin B12: 0.16µg (2.66%), Iron: 0.46mg (2.56%), Vitamin B1: 0.03mg (2.29%), Vitamin E: 0.33mg (2.22%), Vitamin B2: 0.04mg (2.22%), Folate: 7.47µg (1.87%), Vitamin K: 1.88µg (1.79%), Calcium: 12.1mg (1.21%)