



Beef, Snap Pea, and Asparagus Stir-Fry

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon soya sauce
- 1 teaspoon rice vinegar
- 1 teaspoon sugar
- 0.8 pound new york strip steak boneless thinly sliced
- 1 serving coarse salt
- 1 tablespoon vegetable oil
- 14 ounces asparagus trimmed cut into 2-inch lengths
- 6 ounces sugar snap peas

- 1 garlic clove minced
- 1 tablespoon ginger fresh minced peeled
- 2 tablespoons basil fresh
- 2 tablespoons basil fresh
- 1 serving pork chops with pineapple and rice cooked

Equipment

- bowl
- frying pan
- wok

Directions

- In a small bowl, combine soy sauce, vinegar, and sugar. Season steak with salt. In a large skillet or wok, heat oil over high. Cook steak, undisturbed, until brown on one side, 2 minutes (do not overcrowd pan). Flip and cook until cooked through, 30 seconds.
- Transfer to a bowl.
- Add asparagus, snap peas, garlic, and ginger to skillet. Cook, stirring constantly (add a little water if pan gets too dark), until vegetables are crisp-tender, about 4 minutes.
- Add soy mixture and cook until fragrant, about 10 seconds.
- Remove skillet from heat and stir in lemon juice and basil. Toss steak with vegetables; serve with rice and lemon wedges if desired.

Nutrition Facts



PROTEIN 35.97% **FAT 52.86%** **CARBS 11.17%**

Properties

Glycemic Index:88.02, Glycemic Load:1.42, Inflammation Score:-8, Nutrition Score:24.219999981963%

Flavonoids

Isorhamnetin: 5.66mg, Isorhamnetin: 5.66mg, Isorhamnetin: 5.66mg, Isorhamnetin: 5.66mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg

Nutrients (% of daily need)

Calories: 319.95kcal (16%), Fat: 18.76g (28.86%), Saturated Fat: 6.56g (41.01%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.68g (5.21%), Cholesterol: 90.48mg (30.16%), Sodium: 364.28mg (15.84%), Alcohol: 0g (100%), Protein: 28.72g (57.44%), Vitamin K: 67.75µg (64.52%), Selenium: 33.83µg (48.33%), Vitamin B6: 0.91mg (45.48%), Vitamin B3: 8.8mg (43.98%), Vitamin C: 31.75mg (38.49%), Vitamin B1: 0.5mg (33.16%), Phosphorus: 319.35mg (31.93%), Zinc: 4.15mg (27.7%), Vitamin A: 1319.27IU (26.39%), Iron: 4.62mg (25.67%), Folate: 81.2µg (20.3%), Vitamin B2: 0.34mg (20.07%), Potassium: 702.4mg (20.07%), Vitamin B12: 1.01µg (16.85%), Manganese: 0.33mg (16.67%), Copper: 0.32mg (16.02%), Magnesium: 54.7mg (13.68%), Vitamin B5: 1.36mg (13.59%), Fiber: 3.31g (13.23%), Vitamin E: 1.95mg (13.02%), Calcium: 70.2mg (7.02%)