



Beef Stir-Fry with Oyster Sauce

 Gluten Free  Dairy Free  Very Healthy

READY IN



16 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce broccoli stir-fry vegetables frozen thawed
- 1 teaspoon garlic minced
- 1 large bag boil-in-bag rice
- 1 pound top sirloin boneless
- 0.3 cup worcestershire sauce

Equipment

- frying pan
- wok

Directions

- Prepare rice according to package directions, omitting salt and fat, to make 3 cups cooked rice.
- While rice cooks, slice meat across grain into very thin strips. Coat a wok or large nonstick skillet with cooking spray; heat at medium-high (37
- until hot.
- Add meat and garlic; stir-fry until browned.
- Add broccoli stir-fry vegetables and oyster sauce to skillet; stir-fry 5 minutes or until thoroughly heated.
- Serve over rice.

Nutrition Facts

PROTEIN 57.28% **FAT 20.06%** **CARBS 22.66%**

Properties

Glycemic Index:30.8, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:26.761304316313%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 197.84kcal (9.89%), Fat: 4.44g (6.83%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 8.31g (3.02%), Sugar: 3.65g (4.06%), Cholesterol: 66.9mg (22.3%), Sodium: 324.5mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.52g (57.03%), Vitamin C: 103.62mg (125.6%), Vitamin K: 117.1µg (111.52%), Selenium: 37.99µg (54.27%), Vitamin B6: 0.92mg (46.01%), Vitamin B3: 8.19mg (40.95%), Zinc: 5.04mg (33.63%), Phosphorus: 325.86mg (32.59%), Potassium: 903.96mg (25.83%), Folate: 87.6µg (21.9%), Iron: 3.58mg (19.88%), Vitamin B12: 1.07µg (17.77%), Vitamin B2: 0.29mg (17.18%), Vitamin A: 720.12IU (14.4%), Vitamin B5: 1.4mg (13.98%), Manganese: 0.27mg (13.29%), Magnesium: 52.38mg (13.09%), Vitamin B1: 0.18mg (11.95%), Fiber: 2.97g (11.87%), Calcium: 98.06mg (9.81%), Copper: 0.18mg (9%), Vitamin E: 1.22mg (8.11%)