



Brussels Sprouts and Steak Stir-Fry

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz brussels sprouts frozen
- 1 teaspoon vegetable oil
- 0.8 lb beef top sirloin steaks boneless trimmed of fat cut into 1/8-inch slices
- 1 medium and orange peppers red yellow cut into 1-inch pieces
- 1 small onion cut into 1/4-inch wedges
- 0.3 cup sauce
- 0.3 teaspoon pepper red crushed
- 2 cups brown rice hot cooked

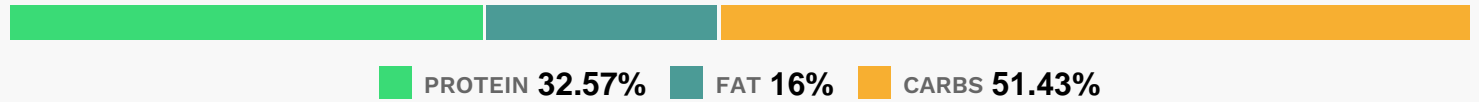
Equipment

frying pan

Directions

- Cook Brussels sprouts for minimum time as directed on box.
- Meanwhile, in 12-inch nonstick skillet, heat oil over medium-high heat.
- Add beef; cook and stir 1 to 2 minutes or until beef is no longer pink; remove from pan.
- Add bell pepper and onion to skillet; cook and stir 2 minutes.
- Add stir-fry sauce and red pepper flakes. Reduce heat; cook and stir about 2 minutes longer or until vegetables are crisp-tender. Stir in beef and Brussels sprouts & butter sauce; cook about 1 minute or until hot.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:12.95, Inflammation Score:-9, Nutrition Score:29.073478221893%

Flavonoids

Naringenin: 2.33mg, Naringenin: 2.33mg, Naringenin: 2.33mg, Naringenin: 2.33mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 296.77kcal (14.84%), Fat: 5.3g (8.16%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 38.34g (12.78%), Net Carbohydrates: 32.92g (11.97%), Sugar: 8.1g (9.02%), Cholesterol: 50.18mg (16.73%), Sodium: 306.85mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.56%), Vitamin K: 130.11µg (123.92%), Vitamin C: 99.62mg (120.75%), Manganese: 1.38mg (68.79%), Vitamin B6: 0.94mg (47.24%), Selenium: 27.47µg (39.25%), Vitamin B3: 7.65mg (38.26%), Phosphorus: 316.62mg (31.66%), Vitamin A: 1503.27IU (30.07%), Zinc: 4.41mg (29.42%), Fiber: 5.41g (21.66%), Potassium: 747.11mg (21.35%), Magnesium: 84.27mg (21.07%), Vitamin B1: 0.29mg (19.08%), Folate: 75.23µg (18.81%), Iron: 3.06mg (17.03%), Vitamin B12: 0.8µg (13.32%), Vitamin B5: 1.27mg (12.74%),

Vitamin B2: 0.21mg (12.28%), Copper: 0.21mg (10.36%), Vitamin E: 1.48mg (9.83%), Calcium: 64.75mg (6.47%)