



Curried Beef Stir-Fry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple juice
- 2 medium apples coarsely chopped
- 3 cups brown rice cooked
- 1.5 teaspoons curry powder
- 1.5 teaspoons ginger fresh grated
- 2 garlic cloves minced
- 0.5 teaspoon ground pepper red
- 2 teaspoons olive oil

- 1 onion chopped
- 0.5 teaspoon salt
- 1 pound beef top sirloin steaks boneless thinly sliced

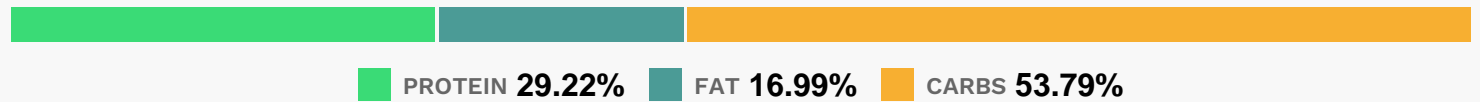
Equipment

- frying pan

Directions

- Saute first 3 ingredients in hot oil in a large nonstick skillet over medium-high heat 5 to 7 minutes or until onion is tender. Stir in cooked rice and next 4 ingredients.
- Stir in apple and apple juice; cook, stirring often, until thoroughly heated.
- Sprinkle with almonds, if desired.

Nutrition Facts



Properties

Glycemic Index:38.99, Glycemic Load:14.7, Inflammation Score:-5, Nutrition Score:14.850869551949%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.54mg, Epicatechin: 5.54mg, Epicatechin: 5.54mg, Epicatechin: 5.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 269.43kcal (13.47%), Fat: 5.07g (7.81%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 36.15g (12.05%), Net Carbohydrates: 32.34g (11.76%), Sugar: 9.12g (10.14%), Cholesterol: 44.6mg (14.87%), Sodium: 239.84mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.27%), Manganese: 1.18mg (59.06%), Vitamin B6:

0.69mg (34.68%), Selenium: 23.64µg (33.78%), Vitamin B3: 6.32mg (31.61%), Phosphorus: 251.96mg (25.2%), Zinc: 3.73mg (24.84%), Magnesium: 68.18mg (17.05%), Fiber: 3.81g (15.23%), Potassium: 476.68mg (13.62%), Vitamin B1: 0.18mg (12.21%), Vitamin B12: 0.71µg (11.84%), Iron: 2.06mg (11.44%), Vitamin B5: 0.95mg (9.53%), Copper: 0.17mg (8.61%), Vitamin B2: 0.13mg (7.7%), Vitamin C: 4.85mg (5.88%), Folate: 20.06µg (5.02%), Vitamin E: 0.68mg (4.54%), Calcium: 40.55mg (4.06%), Vitamin K: 3.69µg (3.52%), Vitamin A: 107.7IU (2.15%)