



Edamame and Steak Stir-Fry



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounce bell pepper
- ☐ 1 cup edamame green frozen shelled (soybeans)
- ☐ 1 teaspoon garlic minced
- ☐ 8 ounces rump steak boneless trimmed cut into thin strips
- ☐ 3 tablespoons teriyaki sauce (such as Iron Chef Baste and Glaze)
- ☐ 3 tablespoons water

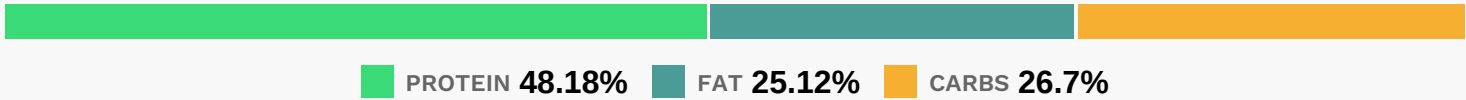
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray; add steak strips. Stir-fry 5 minutes or until steak is done; transfer to a plate.
- ☐ Add edamame and water to pan; stir-fry 2 minutes or until thoroughly heated.
- ☐ Add bell pepper mix; stir-fry 2 to 3 minutes.
- ☐ Add garlic; stir-fry 1 minute. Stir in basting sauce; cook, stirring constantly, 1 minute or until thoroughly heated. Return beef to vegetable mixture; toss to coat.
- ☐ Serve with: Orange-Pineapple Spritzer

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:23.049130470856%

Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 287.78kcal (14.39%), Fat: 7.94g (12.21%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 14.44g (5.25%), Sugar: 8.8g (9.77%), Cholesterol: 69.17mg (23.06%), Sodium: 1102.95mg (47.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.49%), Vitamin C: 91.19mg (110.53%), Vitamin B3: 9.46mg (47.31%), Vitamin B6: 0.93mg (46.67%), Vitamin A: 2219.19IU (44.38%), Selenium: 29.5µg (42.14%), Zinc: 4.92mg (32.79%), Phosphorus: 294.77mg (29.48%), Potassium: 938.13mg (26.8%), Iron: 4.64mg (25.75%), Vitamin B12: 1.35µg (22.49%), Fiber: 4.54g (18.18%), Magnesium: 51.66mg (12.91%), Folate: 49.55µg (12.39%), Vitamin B2: 0.2mg (11.89%), Calcium: 107.85mg (10.79%), Vitamin B5: 1.03mg (10.27%), Vitamin E: 1.5mg (9.97%), Vitamin B1: 0.12mg (7.9%), Copper: 0.13mg (6.5%), Manganese: 0.12mg (6.02%), Vitamin K: 4.97µg (4.74%)