



 **55%**
HEALTH SCORE

Fabulously Fast Stir-Fry

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup lite asian sesame dressing toasted kraft
- 2 cups broccoli florets
- 3 slices carrots
- 1 clove garlic minced
- 2 cups rice white instant uncooked
- 1 Tbsp oil
- 1 small onion sliced
- 1 lb pork tenderloin cut into thin strips

1.3 cups water

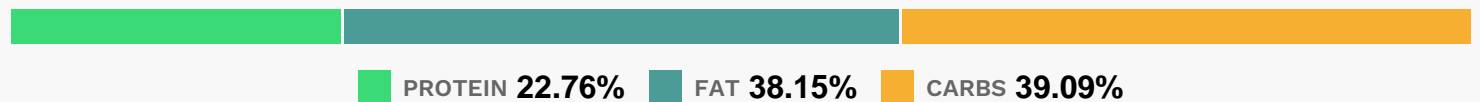
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add meat and garlic; cook and stir 4 min. or until meat is cooked through.
- Add water and vegetables; mix well. Bring to boil.
- Stir in rice and dressing; cover. Reduce heat to low; simmer 5 min.
- Remove from heat.
- Let stand 5 min. Fluff with fork.

Nutrition Facts



Properties

Glycemic Index:33.96, Glycemic Load:3.92, Inflammation Score:-10, Nutrition Score:37.148261008055%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 529.96kcal (26.5%), Fat: 22.44g (34.53%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 46.57g (16.93%), Sugar: 8.48g (9.42%), Cholesterol: 73.71mg (24.57%), Sodium: 458.44mg (19.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.12g (60.24%), Vitamin A: 15583.39IU (311.67%), Vitamin B1: 1.61mg (107.6%), Vitamin K: 78.61µg (74.87%), Selenium: 52.28µg (74.68%), Vitamin B3: 11.72mg (58.62%), Vitamin B6: 1.16mg (57.81%), Vitamin C: 47.51mg (57.59%), Folate: 167.65µg (41.91%), Phosphorus: 406.14mg (40.61%), Manganese: 0.7mg (35.05%), Vitamin B2: 0.51mg (29.77%), Potassium: 971.46mg (27.76%), Iron: 4.65mg (25.85%), Vitamin E: 3.4mg (22.7%), Zinc: 3.22mg (21.46%), Fiber: 5.19g (20.75%), Vitamin B5: 1.67mg (16.71%), Magnesium: 59.85mg (14.96%), Copper: 0.26mg (13.07%), Vitamin B12: 0.59µg (9.83%), Calcium: 81.38mg (8.14%), Vitamin D: 0.34µg (2.27%)