



 **67%**
HEALTH SCORE

Garlic Beef Stir-Fry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinaigrette dressing divided kraft
- 1 lb beef sirloin steak trimmed cut into thin strips well
- 1 Tbsp cornstarch
- 2 cloves garlic minced
- 1 tsp ground ginger
- 2 cups brown rice instant uncooked
- 0.3 cup planters roasted peanuts dry chopped
- 2 Tbsp lite soy sauce

5 cups cut-up vegetables mixed fresh (red peppers, broccoli, green onions)

Equipment

frying pan

Directions

- Cook rice as directed on package.
- Meanwhile, toss meat with 1 Tbsp. of the dressing and the garlic.
- Add cornstarch; mix well.
- Heat large nonstick skillet sprayed with cooking spray on medium-high heat.
- Add meat mixture; stir-fry 3 min. or until meat is cooked through.
- Remove from skillet; cover to keep warm.
- Add vegetables, soy sauce, ginger and remaining dressing to skillet; stir-fry 5 min. or until vegetables are crisp-tender. Return meat mixture to skillet; stir-fry 1 min. or until meat is heated through and sauce is thickened, stirring occasionally.
- Serve over rice; sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:9.89, Inflammation Score:-10, Nutrition Score:34.717826410804%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 740.71kcal (37.04%), Fat: 33.91g (52.16%), Saturated Fat: 8.82g (55.15%), Carbohydrates: 73.13g (24.38%), Net Carbohydrates: 62.24g (22.63%), Sugar: 1.65g (1.83%), Cholesterol: 63.5mg (21.17%), Sodium: 979.69mg (42.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.81g (75.62%), Vitamin A: 11552.72IU (231.05%), Manganese: 1.41mg (70.48%), Vitamin B3: 11.74mg (58.68%), Vitamin B1: 0.81mg (54.13%), Selenium: 37.08µg (52.97%), Vitamin B12: 3.15µg (52.54%), Folate: 201.85µg (50.46%), Fiber: 10.89g (43.56%), Phosphorus: 431.32mg (43.13%), Iron: 7.64mg (42.42%), Vitamin B6: 0.78mg (39.24%), Zinc: 5.69mg (37.94%), Vitamin C: 24.13mg

(29.25%), Potassium: 934.84mg (26.71%), Magnesium: 104.99mg (26.25%), Vitamin B2: 0.44mg (26.12%), Copper: 0.44mg (21.86%), Vitamin B5: 1.08mg (10.84%), Calcium: 86.59mg (8.66%), Vitamin E: 0.48mg (3.2%)