



## Kicky Steak Strips with Rice

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cloves garlic peeled chopped
- 1 tablespoon olive oil
- 1 teaspoon pepper
- 0.5 cup onion sweet chopped
- 1 pound beef top sirloin steaks cut into thin strips
- 2 cups water
- 1 cup rice long-grain white uncooked
- 0.5 cup worcestershire sauce

2 tablespoons mustard yellow

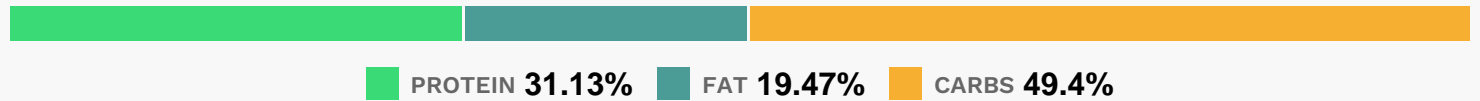
## Equipment

sauce pan

## Directions

- In a medium container, mix Worcestershire sauce and mustard.
- Place steak strips in the mixture. Cover, and marinate in the refrigerator at least 30 minutes.
- Place rice and water in a medium saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes.
- Heat olive oil in a medium saucepan over medium heat. Stir in the onion and garlic, and cook until tender. Season with pepper.
- Place steak into the saucepan and cook 5 to 7 minutes on each side, to desired doneness. Discard remaining marinade.
- Serve over the cooked rice.

## Nutrition Facts



## Properties

Glycemic Index:38.8, Glycemic Load:22.48, Inflammation Score:-4, Nutrition Score:18.089999714623%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

## Nutrients (% of daily need)

Calories: 384.7kcal (19.24%), Fat: 8.11g (12.48%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 45.04g (16.38%), Sugar: 4.62g (5.14%), Cholesterol: 66.9mg (22.3%), Sodium: 603.13mg (26.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.35%), Selenium: 44.97µg (64.24%), Vitamin B3: 8.4mg (42.01%), Vitamin B6: 0.84mg (41.96%), Zinc: 5.21mg (34.76%), Phosphorus: 329.67mg (32.97%), Manganese:

0.65mg (32.55%), Iron: 4.28mg (23.79%), Potassium: 780.76mg (22.31%), Vitamin B12: 1.07µg (17.77%), Copper: 0.3mg (15.23%), Vitamin B5: 1.27mg (12.69%), Vitamin B2: 0.21mg (12.64%), Magnesium: 49.93mg (12.48%), Vitamin B1: 0.17mg (11.16%), Calcium: 91.92mg (9.19%), Vitamin C: 5.93mg (7.18%), Folate: 26.45µg (6.61%), Vitamin E: 0.94mg (6.24%), Fiber: 1.26g (5.05%), Vitamin K: 4.76µg (4.53%)