



KRAFT MAKERS Asian-Style Chili Steak & String Beans

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb beef sirloin steak boneless cut into strips
- 14.8 oz recipe makers & chicken sweet sour kraft
- 2 tsp chili-garlic sauce
- 16 oz green beans whole frozen thawed
- 2 pasilla peppers red cut into strips
- 1 cup rice long-grain white uncooked

Equipment

frying pan

Directions

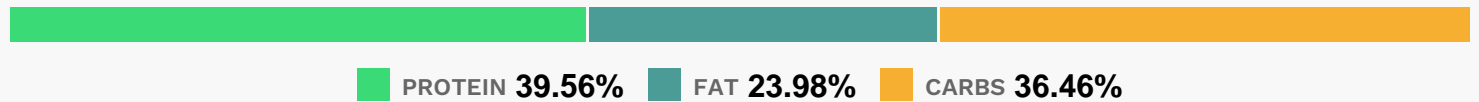
Cook rice as directed on package, omitting salt.

Meanwhile, stir-fry meat in half the Simmer Sauce in large skillet on medium heat 6 to 8 min. or until done.

Add vegetables and remaining Simmer Sauce to skillet; stir-fry 2 to 4 min. or until vegetables are crisp-tender. Stir in Finishing Sauce and chili-garlic sauce; cook 1 to 2 min. or until heated through.

Serve over rice.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:16.82, Inflammation Score:-9, Nutrition Score:26.135217632936%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 364.41kcal (18.22%), Fat: 9.56g (14.7%), Saturated Fat: 3.05g (19.03%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 29.36g (10.67%), Sugar: 4.46g (4.95%), Cholesterol: 92.08mg (30.69%), Sodium: 176.55mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.94%), Vitamin C: 60.53mg (73.37%), Selenium: 44.91µg (64.16%), Vitamin B3: 11.06mg (55.28%), Vitamin B6: 1.1mg (55.11%), Zinc: 5.59mg (37.28%), Phosphorus: 363.11mg (36.31%), Vitamin A: 1810.59IU (36.21%), Vitamin K: 36.23µg (34.51%), Manganese: 0.56mg (28.1%), Potassium: 746.94mg (21.34%), Vitamin B12: 1.17µg (19.5%), Iron: 3.32mg (18.47%), Vitamin B2: 0.3mg (17.87%), Vitamin B5: 1.66mg (16.56%), Magnesium: 64.16mg (16.04%), Folate: 62.42µg (15.6%), Vitamin B1: 0.21mg (14.01%), Fiber: 3.34g (13.37%), Copper: 0.23mg (11.51%), Vitamin E: 1.39mg (9.26%), Calcium: 68.02mg (6.8%)