



Libido-Boosting Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups diagonally cut asparagus
- ☐ 3 bell peppers sliced
- ☐ 2 tablespoons cashew pieces chopped
- ☐ 2 cups brown rice cooked
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 garlic cloves finely chopped
- ☐ 1 tablespoon juice of lime

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- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 teaspoon olive oil
- ☐ 1 onion sliced
- ☐ 2 teaspoons sesame oil
- ☐ 0.5 pound skirt steak

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Cut steak crosswise into 1/4-inch-thick strips. Toss together with garlic, and 2 tablespoons lime juice; marinate the steak for 15 minutes.
- ☐ Heat 1/2 teaspoon olive oil in a wok or nonstick skillet over medium-high heat. Cook the steak with the marinade, stirring constantly, for 2–3 minutes or until medium-rare; transfer with slotted spoon to a large bowl, and set aside.
- ☐ Add bell peppers and onion to the wok; cook, stirring, for about 7 minutes or until just tender.
- ☐ Transfer the pepper-and-onion mixture to a bowl with the steak.
- ☐ Add 1/2 teaspoon olive oil and asparagus to wok; cook, stirring, for about 4 minutes or until tender.
- ☐ Put the pepper-onion-and-steak mixture back into the wok.
- ☐ Add ginger, soy sauce, sesame oil, and 1 tablespoon lime juice to wok; cook, stirring, for about 2 minutes or until heated through.
- ☐ Add cooked brown rice to the wok; heat for 2 minutes. Divide the stir-fry among 4 plates, and distribute chopped cilantro and chopped cashews evenly on top; serve.

Nutrition Facts



Properties

Glycemic Index:61.35, Glycemic Load:13.74, Inflammation Score:-10, Nutrition Score:30.390000193015%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.64mg, Quercetin: 18.64mg, Quercetin: 18.64mg, Quercetin: 18.64mg

Nutrients (% of daily need)

Calories: 305.84kcal (15.29%), Fat: 10.15g (15.62%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 37.68g (12.56%), Net Carbohydrates: 31.47g (11.44%), Sugar: 7.06g (7.84%), Cholesterol: 35.72mg (11.91%), Sodium: 190.98mg (8.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.03g (38.07%), Vitamin C: 125.46mg (152.07%), Manganese: 1.52mg (76.19%), Vitamin A: 3573.37IU (71.47%), Vitamin K: 48.75µg (46.43%), Vitamin B6: 0.82mg (40.84%), Zinc: 5.34mg (35.61%), Vitamin B3: 6.4mg (32%), Phosphorus: 278.84mg (27.88%), Folate: 101.04µg (25.26%), Magnesium: 100.47mg (25.12%), Fiber: 6.22g (24.86%), Vitamin B2: 0.41mg (24.36%), Iron: 4.22mg (23.45%), Vitamin B1: 0.34mg (22.96%), Selenium: 15.9µg (22.71%), Copper: 0.44mg (21.9%), Potassium: 724.17mg (20.69%), Vitamin B12: 1.21µg (20.13%), Vitamin E: 2.66mg (17.74%), Vitamin B5: 1.35mg (13.51%), Calcium: 54.79mg (5.48%)