



Microwave Stir-Fry

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef top sirloin steaks boneless cut into 1/8-inch strips
- 14 ounces tomatoes diced canned
- 3 medium carrots julienned
- 5 servings rice hot cooked
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- 0.5 teaspoon basil dried
- 0.3 cup flour all-purpose

- 1.5 cups mushrooms fresh sliced
- 1.5 cups mushrooms fresh sliced
- 0.3 teaspoon ground cumin
- 0.5 cup onion finely chopped
- 0.3 teaspoon oregano dried
- 0.3 teaspoon pepper
- 2 teaspoons salt
- 1 tablespoon vegetable oil
- 1 cup zucchini julienned

Equipment

- bowl
- ziploc bags
- microwave

Directions

- In a resealable plastic bag, combine the first four ingredients; add meat. Seal bag and turn to coat.
- Pour oil into a shallow 2-qt. microwave-safe dish; arrange meat evenly in dish. Cover and microwave at 50% power for 3-1/2 minutes, stirring once; set aside.
- Drain tomatoes, reserving juice; set tomatoes aside.
- In a microwave-safe bowl, combine tomato juice, carrots, onion, basil and oregano. Cover and microwave on high for 2-1/2 minutes, stirring once.
- Pour over meat; add the tomatoes, zucchini and mushrooms. Cover and microwave at 50% power for 7-8 minutes, stirring several times.
- Let stand for 3 minutes.
- Serve with rice.

Nutrition Facts



■ PROTEIN 23.6% ■ FAT 12.49% ■ CARBS 63.91%

Properties

Glycemic Index:119.37, Glycemic Load:77.19, Inflammation Score:-10, Nutrition Score:30.360000216443%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 523.02kcal (26.15%), Fat: 7.17g (11.03%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 82.58g (27.53%), Net Carbohydrates: 78.43g (28.52%), Sugar: 6.21g (6.9%), Cholesterol: 53.52mg (17.84%), Sodium: 1128.05mg (49.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.5g (61%), Vitamin A: 6261.45IU (125.23%), Selenium: 53.46µg (76.37%), Manganese: 1.41mg (70.48%), Vitamin B6: 1.05mg (52.71%), Vitamin B3: 10.34mg (51.68%), Phosphorus: 392.65mg (39.26%), Zinc: 5.46mg (36.38%), Vitamin B2: 0.5mg (29.23%), Potassium: 958.31mg (27.38%), Vitamin B5: 2.67mg (26.74%), Copper: 0.52mg (26.09%), Iron: 3.73mg (20.72%), Vitamin C: 16.39mg (19.86%), Vitamin B1: 0.29mg (19.37%), Magnesium: 76.59mg (19.15%), Fiber: 4.15g (16.59%), Vitamin K: 16.79µg (15.99%), Folate: 63µg (15.75%), Vitamin B12: 0.88µg (14.6%), Calcium: 96.44mg (9.64%), Vitamin E: 1.43mg (9.52%)