PB and J" Steak Stir-fry with Rice

Gluten Free · Dairy Free · Very Healthy

READY IN	SERVINGS	CALORIES
45 min.	4	463 kcal

LUNCH · MAIN COURSE · MAIN DISH · DINNER

Ingredients

- [ ] 2 cups broccoli florets chopped
- [ ] 4 servings rice hot cooked
- [ ] 2 teaspoons cornstarch
- [ ] 2 tablespoons creamy peanut butter
- [ ] 1 pound flank steak thinly sliced
- [ ] 1 tablespoon garlic minced
- [ ] 4 spring onion chopped
- [ ] 0.3 cup bell pepper red

- [ ] 3 tablespoons olive oil divided
- [ ] 0.3 cup soya sauce
- [ ] 1.5 cups sugar snap peas
- [ ] 1 bell pepper red yellow thinly sliced

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] wok

Directions

- [ ] Combine first 3 ingredients in a small bowl; stir together cornstarch and 1/3 cup water, and add to soy sauce mixture.
- [ ] Stir-fry half of steak in 1 Tbsp. hot olive oil in a large wok or skillet over high heat 3 to 4 minutes or to desired degree of doneness.
- [ ] Transfer steak to a plate; repeat procedure with 1 Tbsp. olive oil and remaining steak.
- [ ] Stir-fry bell pepper, next 3 ingredients, and half of green onions in remaining 1 Tbsp. hot olive oil 2 to 3 minutes or until tender.
- [ ] Add soy sauce mixture and steak; bring to a boil, stirring constantly; cook, stirring occasionally, 1 minute or until sauce is slightly thickened.
- [ ] Remove from heat, and sprinkle with remaining green onions.
- [ ] Serve immediately over hot cooked rice.

Nutrition Facts

PROTEIN **28.67%** FAT **40.38%** CARBS **30.95%**

Properties

Glycemic Index:66, Glycemic Load:25.36, Inflammation Score:-9, Nutrition Score:31.080000131027%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 463.03kcal (23.15%), Fat: 20.87g (32.11%), Saturated Fat: 4.76g (29.75%), Carbohydrates: 36g (12%), Net Carbohydrates: 32.11g (11.68%), Sugar: 4.27g (4.75%), Cholesterol: 68.04mg (22.68%), Sodium: 1195.31mg (51.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.34g (66.68%), Vitamin C: 136mg (164.85%), Vitamin K: 88.79µg (84.56%), Selenium: 41.74µg (59.63%), Vitamin B6: 1.09mg (54.52%), Vitamin B3: 10.18mg (50.9%), Manganese: 0.89mg (44.31%), Phosphorus: 382.79mg (38.28%), Zinc: 5.45mg (36.36%), Vitamin A: 1251.02IU (25.02%), Potassium: 848.27mg (24.24%), Folate: 92.76µg (23.19%), Iron: 4.06mg (22.58%), Vitamin E: 3.36mg (22.42%), Magnesium: 82.05mg (20.51%), Vitamin B5: 1.83mg (18.27%), Vitamin B2: 0.3mg (17.52%), Vitamin B12: 1.03µg (17.2%), Fiber: 3.88g (15.54%), Vitamin B1: 0.23mg (15.53%), Copper: 0.3mg (14.94%), Calcium: 93.21mg (9.32%)