



Potato and Steak Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 1 lb beef sirloin steak boneless cut into thin strips
- 2 cups carrots sliced
- 1 Tbsp oil
- 2 cups mushrooms and slivered onions fresh sliced
- 0.5 cup water
- 0.8 lb potatoes white quartered (4)

Equipment

frying pan

wok

Directions

Heat oil in wok or large skillet on medium-high heat.

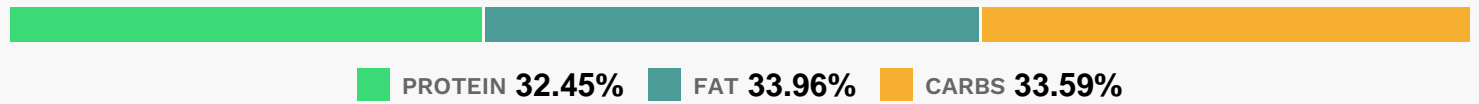
Add meat; stir-fry 2 min. or until evenly browned.

Remove from wok; set aside.

Add potatoes, carrots and water to wok; stir. Bring to boil; cover. Simmer on medium-low heat 20 min. or until vegetables are tender, stirring occasionally.

Add mushrooms, onions, dressing and meat; stir-fry on medium-high heat 5 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:39.4, Glycemic Load:14.56, Inflammation Score:-10, Nutrition Score:24.647391443667%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.97mg, Quercetin: 16.97mg, Quercetin: 16.97mg, Quercetin: 16.97mg

Nutrients (% of daily need)

Calories: 352.77kcal (17.64%), Fat: 13.23g (20.36%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 24.42g (8.88%), Sugar: 7.58g (8.42%), Cholesterol: 66.9mg (22.3%), Sodium: 250.19mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.45g (56.89%), Vitamin A: 10695.14IU (213.9%), Vitamin B6: 1.15mg (57.37%), Selenium: 35.65µg (50.92%), Vitamin B3: 8.95mg (44.77%), Zinc: 5.08mg (33.83%), Phosphorus: 333.35mg (33.33%), Vitamin C: 26.45mg (32.06%), Potassium: 1084.49mg (30.99%), Fiber: 5.02g (20.09%), Vitamin B12: 1.07µg (17.77%), Manganese: 0.34mg (16.87%), Iron: 2.85mg (15.83%), Vitamin B1: 0.23mg (15.48%), Magnesium: 61.62mg (15.4%), Folate: 55.71µg (13.93%), Vitamin K: 14.13µg (13.45%), Vitamin B2: 0.22mg (13.06%), Vitamin B5: 1.27mg (12.66%), Copper: 0.24mg (12.2%), Vitamin E: 1.38mg (9.18%), Calcium: 77.03mg (7.7%)