

Quick Beef Stir-Fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef sirloin cut into 2-inch strips
- ☐ 1.5 cups broccoli florets fresh
- ☐ 2 carrots thinly sliced
- ☐ 1 teaspoon garlic minced
- ☐ 1 green onion chopped
- ☐ 1 bell pepper red cut into matchsticks
- ☐ 2 tablespoons sesame seed toasted
- ☐ 2 tablespoons soya sauce

☐ 2 tablespoons vegetable oil

Equipment

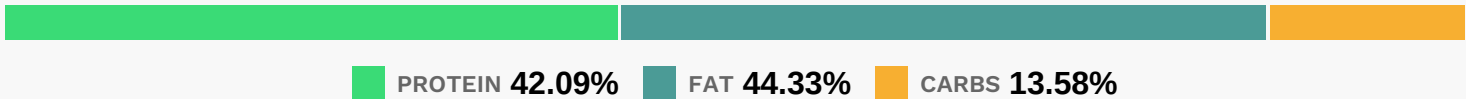
☐ frying pan

☐ wok

Directions

☐ Heat vegetable oil in a large wok or skillet over medium-high heat; cook and stir beef until browned, 3 to 4 minutes. Move beef to the side of the wok and add broccoli, bell pepper, carrots, green onion, and garlic to the center of the wok. Cook and stir vegetables for 2 minutes. Stir beef into vegetables and season with soy sauce and sesame seeds. Continue to cook and stir until vegetables are tender, about 2 more minutes.

Nutrition Facts



Properties

Glycemic Index:55.71, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:28.266956536666%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 260.7kcal (13.03%), Fat: 12.89g (19.84%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 5.89g (2.14%), Sugar: 3.52g (3.91%), Cholesterol: 62.37mg (20.79%), Sodium: 603.05mg (26.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.09%), Vitamin A: 6269.74IU (125.39%), Vitamin C: 71.12mg (86.2%), Vitamin K: 60.27µg (57.4%), Selenium: 35.14µg (50.21%), Vitamin B6: 0.96mg (48.06%), Vitamin B3: 8.58mg (42.89%), Zinc: 5.34mg (35.6%), Phosphorus: 310.25mg (31.02%), Vitamin B12: 1.42µg (23.62%), Potassium: 699.45mg (19.98%), Iron: 3.34mg (18.57%), Copper: 0.33mg (16.28%), Manganese: 0.32mg (16.2%), Vitamin B2: 0.26mg (15.52%), Folate: 62.03µg (15.51%), Magnesium: 58.91mg (14.73%), Vitamin B1: 0.2mg (13.35%), Vitamin E: 1.83mg (12.18%), Fiber: 3g (12.02%), Vitamin B5: 1.13mg (11.28%), Calcium: 95.18mg (9.52%)