



Quick Beef & Vegetable Stir-Fry

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

READY IN



20 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup beef broth
- 1 Tbsp cornstarch
- 16 oz vegetables mixed frozen
- 1 Tbsp oil
- 0.3 cup soya sauce
- 0.3 cup a.1. roasted garlic steak sauce
- 1 lb beef top round steak thinly sliced

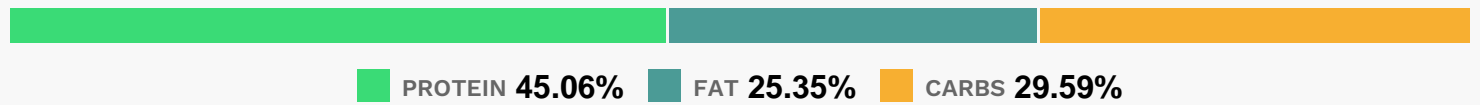
Equipment

frying pan

Directions

- Mix soy sauce and cornstarch until well blended; set aside.
- Heat oil in large skillet on medium-high heat.
- Add steak; cook and stir 2 to 3 minutes or until steak is no longer pink.
- Add soy sauce mixture, vegetables and beef broth; bring to boil. Reduce heat to medium-low.
- Stir in steak sauce; simmer 2 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:4.93, Inflammation Score:-10, Nutrition Score:24.15956503412%

Nutrients (% of daily need)

Calories: 283.28kcal (14.16%), Fat: 8.06g (12.4%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 16.27g (5.92%), Sugar: 1.69g (1.88%), Cholesterol: 69.17mg (23.06%), Sodium: 1346.8mg (58.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.46%), Vitamin A: 5801.87IU (116.04%), Selenium: 37.23µg (53.19%), Vitamin B3: 10.28mg (51.39%), Vitamin B6: 0.93mg (46.39%), Zinc: 5.81mg (38.71%), Phosphorus: 350.74mg (35.07%), Vitamin B12: 1.56µg (26.04%), Iron: 3.94mg (21.91%), Potassium: 764.5mg (21.84%), Manganese: 0.4mg (19.81%), Fiber: 4.89g (19.56%), Vitamin B2: 0.3mg (17.8%), Vitamin B1: 0.26mg (17.37%), Magnesium: 64.83mg (16.21%), Vitamin C: 12.8mg (15.51%), Copper: 0.28mg (13.76%), Folate: 53.45µg (13.36%), Vitamin B5: 1.02mg (10.18%), Vitamin E: 1.11mg (7.42%), Calcium: 61.74mg (6.17%), Vitamin K: 4.18µg (3.98%)