



## Simply Sensational Stir-Fry

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

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**490 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb beef sirloin steak boneless lean cut into strips
- 2.5 cups brown rice hot cooked
- 16 oz vegetables mixed frozen thawed
- 1 1 env. good seasons zesty italian dressing mix italian good
- 0.3 cup oil
- 0.3 cup orange juice
- 2 Tbsp soya sauce

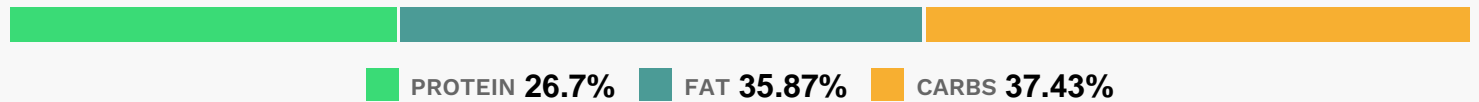
### Equipment

frying pan

## Directions

- Mix dressing mix, juice, soy sauce and oil until well blended.
- Heat large skillet on medium-high heat.
- Add meat and 1 tablespoon of the dressing mixture; cook 4 to 5 minutes or until meat is cooked through.
- Add vegetables and remaining dressing mixture; cook and stir until vegetables are crisp-tender.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:41.05, Glycemic Load:19.53, Inflammation Score:-10, Nutrition Score:29.638261027958%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 489.82kcal (24.49%), Fat: 19.66g (30.24%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 46.15g (15.38%), Net Carbohydrates: 39.32g (14.3%), Sugar: 1.46g (1.62%), Cholesterol: 66.9mg (22.3%), Sodium: 647.1mg (28.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.82%), Vitamin A: 5789.35IU (115.79%), Manganese: 1.67mg (83.66%), Vitamin B3: 10.79mg (53.97%), Vitamin B6: 1.03mg (51.34%), Selenium: 35.47µg (50.67%), Phosphorus: 414.35mg (41.44%), Zinc: 5.85mg (38.99%), Magnesium: 112.23mg (28.06%), Fiber: 6.83g (27.33%), Vitamin B1: 0.37mg (24.46%), Vitamin C: 19.54mg (23.69%), Potassium: 791.6mg (22.62%), Iron: 3.79mg (21.08%), Vitamin E: 2.77mg (18.49%), Vitamin B12: 1.07µg (17.77%), Vitamin B2: 0.27mg (15.61%), Copper: 0.31mg (15.52%), Folate: 58.77µg (14.69%), Vitamin B5: 1.47mg (14.68%), Vitamin K: 11.24µg (10.71%), Calcium: 68.99mg (6.9%)