



Sirloin and Vegetable Stir-Fry



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five spice powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup broccoli florets
- ☐ 2 teaspoons canola oil
- ☐ 1 cup carrots ()
- ☐ 3 cups rice hot cooked
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 teaspoon pepper red crushed

- ☐ 0.8 cup less-sodium beef broth fat-free
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 0.5 teaspoon salt
- ☐ 1 pound sirloin steak trimmed thinly sliced
- ☐ 1.5 cups snow peas trimmed
- ☐ 0.5 teaspoon sugar

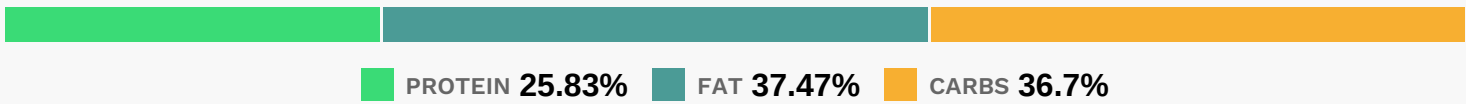
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a bowl, stirring well; sprinkle evenly over steak.
- ☐ Combine cornstarch, sugar, and red pepper in a medium bowl, stirring well with a whisk. Stir in broth and soy sauce.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add carrot to pan; stir-fry 2 minutes.
- ☐ Add steak and broccoli; stir-fry 1 minute. Stir in broth mixture; cook 1 minute, stirring constantly.
- ☐ Add snow peas; cook 30 seconds or until desired degree of doneness.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:73.73, Glycemic Load:37.55, Inflammation Score:-10, Nutrition Score:26.319565358369%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 475.22kcal (23.76%), Fat: 19.5g (30%), Saturated Fat: 7.11g (44.47%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 39.85g (14.49%), Sugar: 3.98g (4.42%), Cholesterol: 63.5mg (21.17%), Sodium: 756.91mg (32.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.25g (60.5%), Vitamin A: 5926.43IU (118.53%), Vitamin C: 44.34mg (53.74%), Vitamin B12: 3.15µg (52.54%), Manganese: 0.82mg (41.1%), Selenium: 28.58µg (40.84%), Vitamin K: 38.38µg (36.55%), Vitamin B6: 0.7mg (35.15%), Zinc: 4.67mg (31.12%), Phosphorus: 310.14mg (31.01%), Vitamin B3: 5.39mg (26.97%), Potassium: 769.23mg (21.98%), Iron: 3.88mg (21.54%), Vitamin B2: 0.32mg (18.6%), Vitamin B1: 0.23mg (15.66%), Magnesium: 61.14mg (15.29%), Vitamin B5: 1.34mg (13.39%), Fiber: 3.13g (12.52%), Folate: 49.83µg (12.46%), Copper: 0.24mg (11.9%), Vitamin E: 1.01mg (6.74%), Calcium: 62.51mg (6.25%)