



## Sirloin Stir-Fry for Two

 Dairy Free  Very Healthy

READY IN



16 min.

SERVINGS



2

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 0.5 lb beef sirloin steak thinly sliced
- 2 cups rice long-grain white hot cooked
- 3 cups stir-fry vegetables frozen asian-style

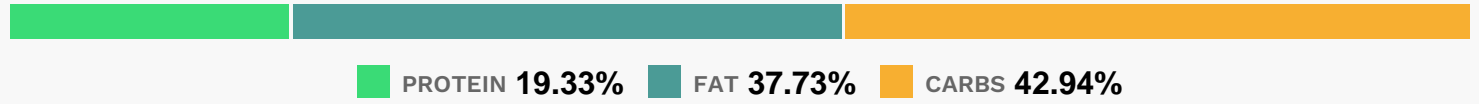
### Equipment

- frying pan

## Directions

- Heat dressing in large skillet on medium-high heat.
- Add meat and vegetables; stir-fry 5 min. or until meat is done.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:77, Glycemic Load:59.45, Inflammation Score:-10, Nutrition Score:32.965217880581%

## Nutrients (% of daily need)

Calories: 770.3kcal (38.52%), Fat: 32.79g (50.45%), Saturated Fat: 9.14g (57.14%), Carbohydrates: 83.94g (27.98%), Net Carbohydrates: 72.08g (26.21%), Sugar: 2.68g (2.98%), Cholesterol: 63.5mg (21.17%), Sodium: 503.63mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.81g (75.61%), Vitamin A: 13874.19IU (277.48%), Manganese: 1.43mg (71.33%), Vitamin B12: 3.15µg (52.54%), Fiber: 11.86g (47.46%), Selenium: 32.15µg (45.93%), Phosphorus: 437.89mg (43.79%), Vitamin B6: 0.84mg (42%), Vitamin B3: 8.17mg (40.83%), Zinc: 5.75mg (38.36%), Vitamin C: 28.39mg (34.41%), Vitamin B1: 0.48mg (31.87%), Iron: 5.38mg (29.87%), Potassium: 1033.52mg (29.53%), Vitamin B2: 0.46mg (26.87%), Magnesium: 107.16mg (26.79%), Folate: 90.71µg (22.68%), Copper: 0.45mg (22.62%), Vitamin K: 17.5µg (16.67%), Vitamin B5: 1.41mg (14.13%), Vitamin E: 1.63mg (10.84%), Calcium: 96.79mg (9.68%)