



## Sizzling Asian Beef Stir-Fry

 Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup asian sesame dressing divided kraft
- 1 lb beef sirloin steak boneless cut into thin strips
- 2 cups broccoli florets halved
- 1 can water chestnuts rinsed drained sliced (8 oz./ 227g)
- 1 medium carrots thinly sliced
- 1 Tbsp oil
- 1 medium onion sliced

## Equipment

wok

## Directions

Toss steak with 1 Tbsp. of the dressing.

Let stand 5 min. to marinate.

Stir-fry steak mixture in hot oil in large nonstick wok on high heat 2 min. Reduce heat to medium-low.

Add vegetables; stir-fry an additional 4 min. or until steak is cooked through.

Add remaining dressing; simmer 2 min., stirring occasionally.

Serve over the rice.

## Nutrition Facts

 **PROTEIN 34.9%**  **FAT 41.32%**  **CARBS 23.78%**

## Properties

Glycemic Index:26.46, Glycemic Load:1.64, Inflammation Score:-9, Nutrition Score:24.339999883071%

## Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg

## Nutrients (% of daily need)

Calories: 320.97kcal (16.05%), Fat: 14.86g (22.86%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 14.81g (5.38%), Sugar: 6.13g (6.81%), Cholesterol: 66.9mg (22.3%), Sodium: 253.17mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.25g (56.49%), Vitamin K: 61.2µg (58.28%), Vitamin A: 2837.31IU (56.75%), Vitamin C: 44.65mg (54.12%), Selenium: 37.09µg (52.98%), Vitamin B6: 0.99mg (49.3%), Vitamin B3: 8.13mg (40.63%), Zinc: 5.15mg (34.37%), Phosphorus: 305.34mg (30.53%), Potassium: 766.05mg (21.89%), Vitamin B12: 1.07µg (17.77%), Fiber: 4.44g (17.75%), Vitamin E: 2.61mg (17.42%), Iron: 3.12mg (17.35%), Folate: 56.61µg (14.15%), Vitamin B2: 0.23mg (13.36%), Manganese: 0.26mg (12.81%), Vitamin B5: 1.2mg (12.03%), Magnesium: 44.74mg (11.18%), Copper: 0.22mg (10.77%), Vitamin B1: 0.15mg (9.98%), Calcium: 64.05mg (6.4%)