



## Speedy Steak Stir-Fry

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 lb beef sirloin steak boneless cut into strips
- 1 Tbsp brown sugar
- 4 carrots sliced
- 0.3 cup cilantro leaves chopped
- 2 cups rice hot cooked
- 1 bell pepper green chopped
- 2 Tbsp a.1. original sauce
- 1 Tbsp oil

- 1 onion chopped
- 0.3 cup planters roasted peanuts dry chopped
- 0.5 cup salsa red

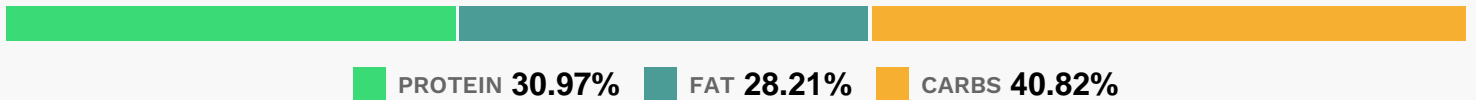
## Equipment

- frying pan
- wok

## Directions

- Mix salsa, steak sauce and sugar; set aside.
- Heat oil in wok or large skillet on high heat.
- Add meat; cook 3 to 4 min. or until evenly browned, stirring frequently.
- Add vegetables; cook 3 min. or until crisp-tender.
- Stir in salsa mixture; simmer on medium-low heat 2 min. Top with nuts and cilantro.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:11.24, Glycemic Load:5.3, Inflammation Score:-8, Nutrition Score:6.2952172911685%

## Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 80.97kcal (4.05%), Fat: 2.54g (3.91%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 7.39g (2.69%), Sugar: 2.23g (2.48%), Cholesterol: 13.38mg (4.46%), Sodium: 90.26mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin A: 2104.95IU (42.1%), Selenium: 8.45µg (12.07%), Vitamin B6: 0.21mg (10.73%), Vitamin B3: 2.03mg (10.15%), Manganese: 0.16mg (7.83%), Vitamin C:

6.09mg (7.38%), Zinc: 1.1mg (7.31%), Phosphorus: 70.71mg (7.07%), Potassium: 174.48mg (4.99%), Vitamin B12: 0.21µg (3.55%), Vitamin K: 3.71µg (3.54%), Magnesium: 14.14mg (3.53%), Fiber: 0.88g (3.52%), Vitamin E: 0.47mg (3.15%), Vitamin B5: 0.3mg (2.97%), Iron: 0.53mg (2.94%), Vitamin B2: 0.05mg (2.68%), Copper: 0.05mg (2.65%), Vitamin B1: 0.04mg (2.63%), Folate: 9.59µg (2.4%), Calcium: 15.99mg (1.6%)