



Steak and Mushroom Teriyaki Bowl

READY IN



26 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound flank steak boneless thinly sliced
- 10 ounce mushrooms sliced
- 1 medium onion thinly sliced
- 5.4 ounce asian - teriyaki rice knorr®
- 1 tablespoon vegetable oil
- 1.5 cups water

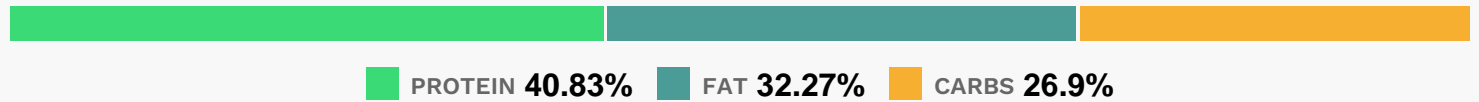
Equipment

- frying pan

Directions

- Heat oil in 12-inch nonstick skillet over medium-high heat and cook steak, stirring occasionally, 2 minutes. Season, if desired, with salt and ground black pepper.
- Add mushrooms and onion and cook, stirring occasionally, 3 minutes or until tender.
- Remove steak mixture and set aside.
- Bring water to a boil over high heat in same skillet. Stir in Knorr® Asian Sides™ – Teriyaki Rice. Reduce heat to low and simmer covered 7 minutes or until rice is tender. Return steak mixture to skillet; heat through.
- Garnish, if desired, with chopped green onions.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:17.012608691402%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 279.36kcal (13.97%), Fat: 9.95g (15.31%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 16.87g (6.13%), Sugar: 3.18g (3.54%), Cholesterol: 68.04mg (22.68%), Sodium: 246.76mg (10.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.32g (56.65%), Selenium: 40.18µg (57.4%), Vitamin B3: 10.14mg (50.71%), Vitamin B6: 0.79mg (39.64%), Zinc: 4.77mg (31.78%), Phosphorus: 297.99mg (29.8%), Vitamin B2: 0.44mg (26.09%), Potassium: 695.08mg (19.86%), Vitamin B5: 1.81mg (18.09%), Vitamin B12: 1.06µg (17.67%), Copper: 0.33mg (16.65%), Iron: 2.27mg (12.63%), Vitamin B1: 0.18mg (11.95%), Vitamin A: 459.81IU (9.2%), Magnesium: 34.96mg (8.74%), Folate: 34.46µg (8.62%), Vitamin K: 7.72µg (7.36%), Fiber: 1.79g (7.15%), Vitamin C: 3.89mg (4.72%), Vitamin E: 0.62mg (4.13%), Calcium: 41.05mg (4.1%), Manganese: 0.08mg (4.06%)