



Stir-Fried Steak and Veggies

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef top sirloin steaks cut into thin strips
- 2 cups broccoli florets
- 1 tablespoon brown sugar
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- 1 cup carrots sliced
- 2 cups cauliflower florets
- 0.5 teaspoon chili powder
- 4 servings rice hot cooked

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- 1 tablespoon cornstarch
- 0.3 teaspoon garlic powder
- 0.8 teaspoon ground ginger
- 1 large onion chopped
- 0.3 teaspoon pepper
- 0.3 cup soya sauce
- 2 tablespoons vegetable oil
- 0.5 cup water cold

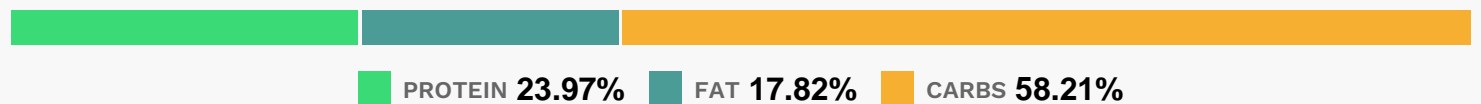
Equipment

- bowl
- frying pan
- whisk
- wok

Directions

- In a small bowl, whisk together the first eight ingredients until smooth; set aside.
- In a skillet or wok, stir-fry steak in oil for 3–5 minutes.
- Add broccoli, cauliflower, onion, carrots and soy sauce mixture; cover and cook for 8 minutes or until vegetables are crisp-tender, stirring occasionally.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:129.21, Glycemic Load:74.72, Inflammation Score:-10, Nutrition Score:36.491304356119%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg

Nutrients (% of daily need)

Calories: 610.33kcal (30.52%), Fat: 11.97g (18.42%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 87.97g (29.32%), Net Carbohydrates: 82.98g (30.17%), Sugar: 11.06g (12.28%), Cholesterol: 66.9mg (22.3%), Sodium: 937.12mg (40.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.46%), Vitamin A: 5705.06IU (114.1%), Vitamin C: 69.36mg (84.07%), Manganese: 1.62mg (81.12%), Selenium: 54.91µg (78.45%), Vitamin K: 72.76µg (69.29%), Vitamin B6: 1.24mg (61.79%), Vitamin B3: 9.83mg (49.17%), Phosphorus: 436.99mg (43.7%), Zinc: 6.26mg (41.73%), Potassium: 990.71mg (28.31%), Vitamin B5: 2.46mg (24.63%), Folate: 95.12µg (23.78%), Magnesium: 87.4mg (21.85%), Fiber: 4.99g (19.95%), Iron: 3.56mg (19.75%), Vitamin B2: 0.3mg (17.9%), Copper: 0.36mg (17.84%), Vitamin B12: 1.07µg (17.77%), Vitamin B1: 0.24mg (15.9%), Vitamin E: 1.68mg (11.2%), Calcium: 110.98mg (11.1%)