



WHATSheATE



Sweet n Sour Sirloin Stir-Fry with Ranch Mashed Potatoes

READY IN



40 min.

SERVINGS



4

CALORIES



864 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 3 tablespoons brown sugar
- ☐ 0.7 cup buttermilk
- ☐ 3 tablespoons canola oil
- ☐ 1 Handful chives fresh chopped
- ☐ 1 Handful optional: dill fresh chopped
- ☐ 2 cups edamame frozen shelled
- ☐ 1 Handful flat-leaf parsley fresh chopped

- ☐ 1 large bell pepper green seeded sliced
- ☐ 3 dashes hot sauce
- ☐ 2 pounds idaho potatoes cubed peeled
- ☐ 0.3 cup catsup
- ☐ 2 large bell peppers red seeded sliced
- ☐ 4 servings salt
- ☐ 1 bunch scallions cut into 2 to 3-inch pieces on bias, greens and whites
- ☐ 1.5 pound sirloin
- ☐ 3 tablespoons soya sauce
- ☐ 0.3 cup mustard yellow

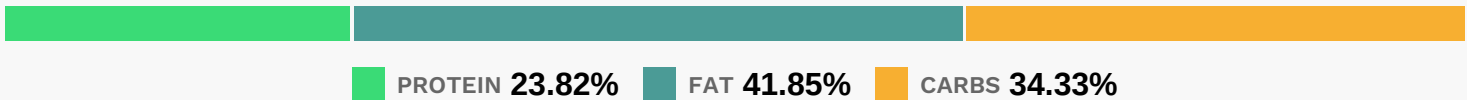
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Pop the meat in the freezer for a few minutes to stiffen it up for slicing.
- ☐ Place potatoes in a pot and cover with cold water. Bring water to a boil. Salt the water and cook the potatoes until tender, 12 to 15 minutes.
- ☐ Drain. Halve the steak lengthwise then very thinly slice the meat.
- ☐ Heat the oil in a very large skillet over high heat. When oil wafts smoke and ripples, add the meat and stir-fry until caramelized 3 minutes.
- ☐ Add peppers and stir-fry 2 minutes then add in scallions and edamame for 2 minutes more. Stir together the sugar, soy, mustard and ketchup and pour over stir-fry the last minute of cooking. Season, to taste, if necessary. Mash potatoes with buttermilk, salt and pepper, hot sauce, parsley, dill, chives, adjust seasoning with salt and pepper, to taste, and serve with stir-fry on top!;

Nutrition Facts



Properties

Glycemic Index:90.19, Glycemic Load:34.26, Inflammation Score:-10, Nutrition Score:42.722173638966%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 863.81kcal (43.19%), Fat: 40.59g (62.44%), Saturated Fat: 11.94g (74.6%), Carbohydrates: 74.92g (24.97%), Net Carbohydrates: 65.49g (23.82%), Sugar: 22.33g (24.81%), Cholesterol: 99.65mg (33.22%), Sodium: 1411.06mg (61.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.99g (103.97%), Vitamin C: 154.84mg (187.68%), Vitamin B6: 1.85mg (92.28%), Vitamin B12: 4.91µg (81.88%), Potassium: 2238.58mg (63.96%), Vitamin A: 3082.94IU (61.66%), Phosphorus: 526.56mg (52.66%), Vitamin B3: 10.46mg (52.29%), Selenium: 36.2µg (51.71%), Iron: 8.75mg (48.62%), Vitamin K: 50.54µg (48.13%), Zinc: 6.88mg (45.85%), Fiber: 9.43g (37.73%), Manganese: 0.71mg (35.29%), Vitamin B2: 0.59mg (34.98%), Vitamin B1: 0.49mg (32.45%), Magnesium: 122.19mg (30.55%), Folate: 97.54µg (24.39%), Vitamin E: 3.65mg (24.35%), Copper: 0.48mg (23.78%), Calcium: 186.46mg (18.65%), Vitamin B5: 1.79mg (17.93%), Vitamin D: 0.52µg (3.47%)