



Sweet Skillet Sirloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef sirloin thinly sliced
- ☐ 1 teaspoon sesame oil dark
- ☐ 3 teaspoons garlic cloves divided minced
- ☐ 3 green onions minced
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 tablespoons lite soy sauce
- ☐ 1 teaspoon vegetable oil

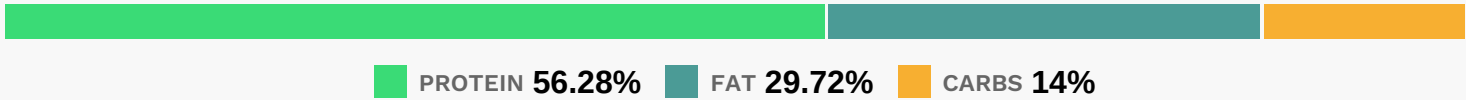
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients and 2 teaspoons minced garlic in a large zip-top plastic freezer bag; add beef. Seal and shake to coat. Chill 30 minutes.
- ☐ Saut remaining 1 teaspoon minced garlic in hot oil in a large skillet over medium-high heat until tender.
- ☐ Add beef mixture; cook over medium-high heat 3 to 5 minutes or to desired degree of doneness. (Do not overcook or beef will burn.)
- ☐ Serve with rice and vegetables, if desired.

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:2.67, Inflammation Score:-3, Nutrition Score:13.935217297595%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 185.43kcal (9.27%), Fat: 6g (9.23%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 5.91g (2.15%), Sugar: 4.71g (5.24%), Cholesterol: 62.37mg (20.79%), Sodium: 574.64mg (24.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.1%), Selenium: 33.2µg (47.42%), Vitamin B6: 0.77mg (38.5%), Vitamin B3: 7.66mg (38.32%), Zinc: 4.81mg (32.04%), Phosphorus: 249.63mg (24.96%), Vitamin B12: 1.42µg (23.62%), Vitamin K: 22.38µg (21.32%), Iron: 2.47mg (13.72%), Potassium: 442.7mg (12.65%), Vitamin B2: 0.18mg (10.7%), Magnesium: 32.52mg (8.13%), Vitamin B5: 0.77mg (7.72%), Vitamin B1: 0.12mg (7.68%), Copper: 0.14mg (7.04%), Manganese: 0.12mg (6.01%), Folate: 21.23µg (5.31%), Vitamin E: 0.56mg (3.73%), Calcium: 36.17mg (3.62%), Vitamin A: 164.06IU (3.28%), Vitamin C: 2.42mg (2.94%), Fiber: 0.45g (1.8%)