



## Szechuan Beef Stir-Fry

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup lite asian sesame dressing toasted kraft
- 1 lb beef sirloin steak boneless trimmed well
- 1 cup matchlike carrot sticks
- 2 stalks celery thinly sliced
- 2 tsp cornstarch
- 0.3 tsp pepper red crushed
- 3 cloves garlic minced
- 3 large green onions sliced

- 2 Tbsp hoisin sauce
- 2 tsp oil
- 2 Tbsp lite soy sauce

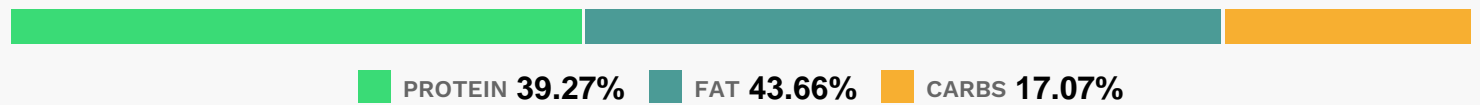
## Equipment

- bowl
- frying pan

## Directions

- Cut steak crosswise into thin slices, then cut each slice into thin strips.
- Place meat in medium bowl.
- Add garlic and crushed pepper; mix lightly.
- Combine next 4 ingredients.
- Heat oil in large skillet on medium-high heat.
- Add meat, in batches; stir-fry 1 to 2 min. or just until meat strips are no longer pink in centers.
- Transfer to plate; set aside.
- Add carrots and celery to skillet; stir-fry 2 min. Return meat to skillet along with the dressing mixture; stir-fry 1 to 2 min. or until meat is done and sauce is slightly thickened. Stir in onions.

## Nutrition Facts



## Properties

Glycemic Index:6.23, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:3.6617390902146%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 45.69kcal (2.28%), Fat: 2.21g (3.39%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.58g (0.57%), Sugar: 0.94g (1.05%), Cholesterol: 10.74mg (3.58%), Sodium: 143.31mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin A: 906.56IU (18.13%), Vitamin K: 9.71µg (9.25%), Selenium: 5.76µg (8.23%), Vitamin B6: 0.13mg (6.69%), Vitamin B3: 1.33mg (6.63%), Zinc: 0.77mg (5.15%), Phosphorus: 45.87mg (4.59%), Potassium: 108.1mg (3.09%), Vitamin B12: 0.17µg (2.84%), Iron: 0.43mg (2.39%), Vitamin E: 0.31mg (2.06%), Vitamin B2: 0.03mg (2.03%), Folate: 6.97µg (1.74%), Manganese: 0.03mg (1.71%), Magnesium: 6.75mg (1.69%), Vitamin B5: 0.15mg (1.51%), Fiber: 0.36g (1.44%), Vitamin B1: 0.02mg (1.4%), Vitamin C: 1.08mg (1.31%), Copper: 0.02mg (1.24%), Calcium: 11.01mg (1.1%)