



## Teriyaki Beef Stir-Fry



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound top round cut into 1/4-inch strips
- 2 tablespoons canola oil
- 5 tablespoons teriyaki sauce divided
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon pepper
- 0.5 cup onion julienned
- 1 medium bell pepper sweet green red julienned
- 1 tablespoon cornstarch

0.5 cup water cold

## Equipment

bowl

frying pan

## Directions

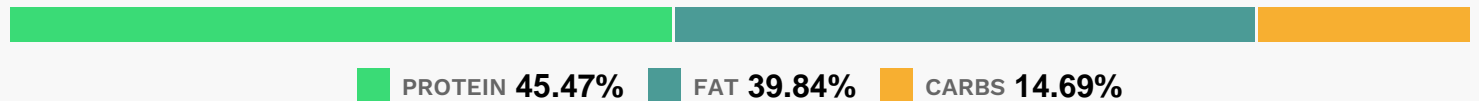
In a skillet, brown steak in oil; drain.

Sprinkle with 3 tablespoons of teriyaki sauce, seasoned salt and pepper. Cover and cook over medium heat for 5 minutes or until meat is almost tender, stirring frequently.

Stir in onion and red pepper. Cover and cook for 5–8 minutes or until meat and vegetables are tender. In a bowl, combine cornstarch, water and remaining teriyaki sauce until smooth.

Add to skillet. bring to a boil; cook and stir for 2 minutes or until thickened.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:18.408260749734%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

## Nutrients (% of daily need)

Calories: 251.86kcal (12.59%), Fat: 10.94g (16.83%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 8.04g (2.92%), Sugar: 5.27g (5.86%), Cholesterol: 69.17mg (23.06%), Sodium: 1228.68mg (53.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.19%), Selenium: 36.61µg (52.31%), Vitamin C: 39.56mg (47.95%), Vitamin B6: 0.9mg (45.17%), Vitamin B3: 8.4mg (42.01%), Zinc: 5.32mg (35.46%), Phosphorus: 302.65mg (30.27%), Vitamin B12: 1.53µg (25.51%), Vitamin A: 932.56IU (18.65%), Potassium: 567.35mg (16.21%), Iron: 2.81mg (15.61%), Vitamin E: 2.03mg (13.53%), Vitamin B2: 0.21mg (12.55%), Magnesium: 48.22mg (12.06%), Vitamin B5: 0.94mg (9.36%), Vitamin B1: 0.14mg (9.33%), Folate: 35.18µg (8.8%), Copper: 0.16mg (8.22%), Vitamin K: 8.09µg (7.71%), Manganese: 0.09mg (4.64%), Fiber: 1.04g (4.15%), Calcium: 38.92mg (3.89%)