



 **59%**  
HEALTH SCORE

## Beef and Broccoli

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**50 min.**

SERVINGS



**6**

CALORIES



**294 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 ounce broccoli florets
- 1 tablespoon brown sugar
- 3 cups brown rice hot cooked
- 2 teaspoons cornstarch
- 1 pound flank steak
- 1 tablespoon ginger fresh minced peeled
- 3 garlic cloves thinly sliced
- 3 tablespoons lower-sodium soy sauce

- 1.5 cups onion vertically sliced
- 1 tablespoon oyster sauce
- 1 tablespoon vegetable oil; peanut oil preferred
- 2 tablespoons cooking sherry
- 2 teaspoons sambal oelek (with garlic)

## Equipment

- bowl
- frying pan
- paper towels
- whisk
- wok
- slotted spoon

## Directions

- Freeze steak 30 minutes.
- Cut steak across grain into 1/4-inch-thick strips.
- Combine brown sugar and next 5 ingredients (through chile paste) in a small bowl, stirring with a whisk.
- Place a wok or large frying pan over high heat until very hot.
- Drizzle oil around sides of wok to coat sides and bottom. When oil is very hot, but not smoking, add garlic; stir-fry 30 seconds or until golden.
- Remove garlic using slotted spoon; drain on paper towels.
- Add ginger, onion, and broccoli to pan; stir-fry 2 minutes.
- Add steak; stir-fry 2 minutes or just until no longer pink.
- Stir in soy sauce mixture. Cook 1 minute or until sauce thickens, stirring constantly.
- Serve over rice. Top with garlic slices.

## Nutrition Facts



■ PROTEIN 29.45% ■ FAT 22.34% ■ CARBS 48.21%

## Properties

Glycemic Index:28.53, Glycemic Load:12.79, Inflammation Score:-7, Nutrition Score:22.45086953951%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 4.71mg, Kaempferol: 4.71mg, Kaempferol: 4.71mg, Kaempferol: 4.71mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg

## Nutrients (% of daily need)

Calories: 293.91kcal (14.7%), Fat: 7.23g (11.12%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 31.04g (11.29%), Sugar: 4.87g (5.41%), Cholesterol: 45.36mg (15.12%), Sodium: 432.86mg (18.82%), Alcohol: 0.51g (100%), Alcohol %: 0.22% (100%), Protein: 21.43g (42.86%), Manganese: 1.32mg (65.97%), Vitamin C: 54.33mg (65.86%), Vitamin K: 58.98µg (56.17%), Vitamin B6: 0.79mg (39.48%), Selenium: 24.38µg (34.83%), Vitamin B3: 6.6mg (33.01%), Phosphorus: 295.37mg (29.54%), Zinc: 3.9mg (25.98%), Magnesium: 82.86mg (20.71%), Potassium: 625.42mg (17.87%), Fiber: 4.04g (16.17%), Folate: 61.43µg (15.36%), Vitamin B1: 0.22mg (14.74%), Iron: 2.37mg (13.16%), Vitamin B5: 1.27mg (12.75%), Vitamin B2: 0.2mg (11.92%), Vitamin B12: 0.7µg (11.67%), Copper: 0.2mg (9.83%), Vitamin E: 1.08mg (7.18%), Vitamin A: 357.49IU (7.15%), Calcium: 70.19mg (7.02%)