



Beef and Broccoli

 **Gluten Free**  **Dairy Free**

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups broccoli flowerets fresh
- ☐ 10.8 ounce campbell's® condensed tomato soup 25% canned Regular or Less Sodium
- ☐ 4 cups rice hot cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon garlic powder
- ☐ 3 tablespoons soya sauce
- ☐ 1 pound beef top round steak boneless
- ☐ 1 tablespoon vegetable oil

☐ 1 tablespoon vinegar

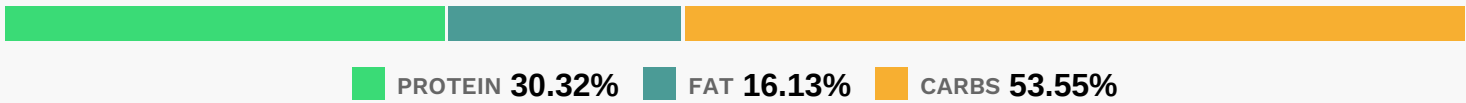
Equipment

☐ frying pan

Directions

- ☐ Slice beef into very thin strips.
- ☐ Heat oil in skillet.
- ☐ Add beef and stir-fry until browned and juices evaporate.
- ☐ Add soup, soy, vinegar, garlic powder and pepper.
- ☐ Heat to a boil.
- ☐ Add broccoli and cook until tender-crisp.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:61.88, Glycemic Load:52.73, Inflammation Score:-8, Nutrition Score:30.763912905817%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 466.12kcal (23.31%), Fat: 8.28g (12.74%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 61.85g (20.62%), Net Carbohydrates: 58.44g (21.25%), Sugar: 7.73g (8.59%), Cholesterol: 69.17mg (23.06%), Sodium: 1139.86mg (49.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.01g (70.03%), Vitamin C: 68.71mg (83.29%), Selenium: 52.29µg (74.7%), Vitamin K: 77.51µg (73.82%), Vitamin B6: 1.14mg (57%), Manganese: 1.08mg (54.22%), Vitamin B3: 10.06mg (50.31%), Zinc: 6.45mg (43%), Phosphorus: 410.32mg (41.03%), Potassium: 1155.1mg (33%), Vitamin B12: 1.53µg (25.51%), Iron: 3.87mg (21.49%), Magnesium: 78.04mg (19.51%), Vitamin B5: 1.82mg (18.22%), Vitamin B2: 0.3mg (17.57%), Folate: 65.01µg (16.25%), Copper: 0.32mg (16.23%), Vitamin B1: 0.23mg (15.32%), Vitamin A: 746.9IU (14.94%), Fiber: 3.41g (13.62%), Vitamin E: 1.5mg (9.98%), Calcium: 85.62mg (8.56%)