



Beef and Broccoli Bowl



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 2 teaspoons canola oil
- ☐ 1 cup carrots chopped
- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.3 cup green onions sliced
- ☐ 1 tablespoon hoisin sauce
- ☐ 0.3 cup lower-sodium soy sauce

- ☐ 1 cup onion red vertically sliced
- ☐ 3.5 ounce boil-in-bag rice long-grain
- ☐ 12 ounce rump steak boneless cut into thin strips
- ☐ 0.5 cup water

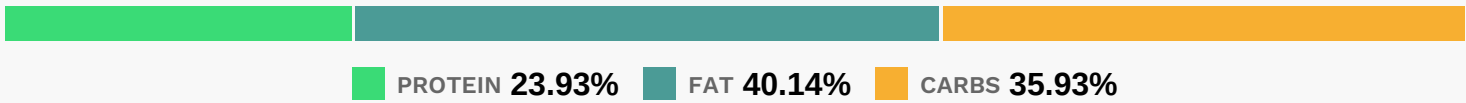
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook rice according to the package directions.
- ☐ Combine soy sauce, cornstarch, and hoisin in a medium bowl.
- ☐ Add beef; toss to coat.
- ☐ Heat a large skillet over high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Remove beef, reserving marinade.
- ☐ Add beef to pan; cook 2 minutes or until browned, stirring occasionally.
- ☐ Remove beef from pan.
- ☐ Add broccoli and next 4 ingredients (through sesame oil) to pan; cook 4 minutes or until broccoli is crisp-tender, stirring occasionally.
- ☐ Add reserved marinade to pan; bring to a boil. Cook 1 minute.
- ☐ Add beef to pan; cook 1 minute or until thoroughly heated.
- ☐ Sprinkle with green onions.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:14.49, Inflammation Score:-10, Nutrition Score:24.411739121313%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.56mg, Quercetin: 10.56mg, Quercetin: 10.56mg, Quercetin: 10.56mg

Nutrients (% of daily need)

Calories: 387.47kcal (19.37%), Fat: 17.25g (26.54%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 31.21g (11.35%), Sugar: 5.38g (5.98%), Cholesterol: 47.75mg (15.92%), Sodium: 727.4mg (31.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.29%), Vitamin A: 5713.51IU (114.27%), Vitamin K: 69.79µg (66.46%), Vitamin C: 47.02mg (56.99%), Vitamin B12: 2.36µg (39.41%), Vitamin B6: 0.57mg (28.44%), Manganese: 0.57mg (28.3%), Selenium: 19.41µg (27.72%), Phosphorus: 260.66mg (26.07%), Zinc: 3.57mg (23.78%), Vitamin B3: 4.41mg (22.04%), Potassium: 679.83mg (19.42%), Vitamin B2: 0.3mg (17.73%), Folate: 62.7µg (15.67%), Iron: 2.81mg (15.6%), Fiber: 3.54g (14.16%), Magnesium: 54.59mg (13.65%), Vitamin B1: 0.19mg (12.36%), Copper: 0.2mg (9.98%), Vitamin B5: 0.97mg (9.72%), Vitamin E: 1.1mg (7.35%), Calcium: 66.18mg (6.62%)