



Beef and Broccoli Stir-fry

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

READY IN



25 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pre-cut beef for stir-fry
- 1.5 cups beef broth
- 1 lb broccoli
- 2 tablespoons cornstarch
- 1 tablespoon ginger fresh minced
- 2 garlic cloves smashed
- 1 cup mung bean sprouts fresh
- 2 tablespoons soya sauce

- 2 tablespoons vegetable oil
- 0.5 cup water

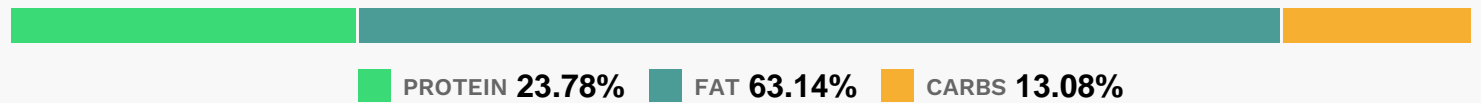
Equipment

- bowl
- frying pan
- wok

Directions

- Combine beef, garlic, ginger and soy sauce in a bowl and let stand.
- Wash broccoli thoroughly and cut into florets. Trim and peel stems and cut into 1/4-inch thick slices.
- Heat 1 Tbsp. oil in a large nonstick skillet or wok over high heat, add broccoli florets and stems, then stir-fry for 2 minutes.
- Add 1/2 cup water and stir until water evaporates.
- Transfer broccoli to a plate.
- Add remaining oil to pan, add beef mixture and stir-fry for 3 minutes. Stir together broth and cornstarch, add to meat and stir-fry until sauce is thickened, about 3 minutes longer.
- Add broccoli and bean sprouts, then cook, stirring, until heated through, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:26.539130366367%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.98mg, Kaempferol: 8.98mg, Kaempferol: 8.98mg, Kaempferol: 8.98mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 425.07kcal (21.25%), Fat: 30.18g (46.42%), Saturated Fat: 9.98g (62.4%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 10.48g (3.81%), Sugar: 3.2g (3.55%), Cholesterol: 80.51mg (26.84%), Sodium: 954.82mg (41.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.14%), Vitamin K: 138.82µg (132.21%), Vitamin C: 105.14mg (127.44%), Vitamin B12: 2.49µg (41.5%), Zinc: 5.38mg (35.86%), Vitamin B3: 6.79mg (33.97%), Vitamin B6: 0.64mg (31.8%), Selenium: 21.04µg (30.06%), Phosphorus: 294.86mg (29.49%), Folate: 98.9µg (24.72%), Potassium: 784.33mg (22.41%), Vitamin B2: 0.37mg (21.62%), Iron: 3.69mg (20.49%), Manganese: 0.38mg (19.17%), Fiber: 3.59g (14.36%), Vitamin A: 712.07IU (14.24%), Magnesium: 55.49mg (13.87%), Vitamin B5: 1.38mg (13.82%), Vitamin E: 1.94mg (12.92%), Vitamin B1: 0.16mg (10.78%), Copper: 0.19mg (9.73%), Calcium: 88.25mg (8.83%)