



 **43%**
HEALTH SCORE

Beef and Broccoli Stir-Fry

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

READY IN



45 min.

SERVINGS



2

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 1 teaspoon cornstarch
- 1 piece ginger fresh minced peeled
- 3 large garlic clove minced
- 6 spring onion cut into 1-inch-long pieces
- 1 tablespoon sesame oil

- 2 cups snow peas chinese trimmed
- 1 tablespoon vegetable oil
- 0.5 bell pepper red sliced
- 1 tablespoon cooking sherry
- 3 tablespoons soya sauce
- 8 ounces beef top sirloin steaks cut into 1/4-inch-thick strips

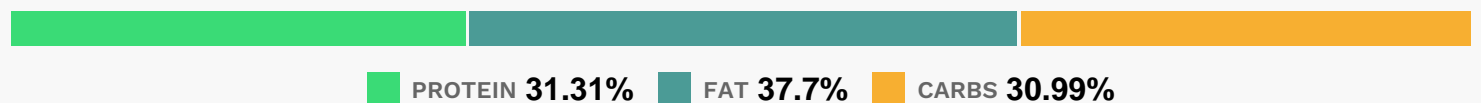
Equipment

- frying pan
- pot
- wok
- slotted spoon

Directions

- Combine first 7 ingredients and refrigerate 4 hours or overnight.
- Cook broccoli in small pot of boiling salted water until almost crisp-tender, about 2 minutes; drain. Rinse under cold water to cool.
- Heat oil in wok or heavy large skillet over high heat. Using slotted spoon, transfer beef to wok, reserving marinade. Stir-fry beef until just no longer pink, about 2 minutes.
- Remove beef from wok.
- Add broccoli, pea pods, green onions and red bell pepper. Continue stir-frying until vegetables are just crisp-tender, about 3 minutes. Stir cornstarch into reserved marinade.
- Pour marinade over vegetables in wok.
- Add beef and stir-fry until liquid boils and thickens, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:85.5, Glycemic Load:2.82, Inflammation Score:-10, Nutrition Score:36.592608695652%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 7.64mg, Kaempferol: 7.64mg, Kaempferol: 7.64mg, Kaempferol: 7.64mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

Nutrients (% of daily need)

Calories: 438.63kcal (21.93%), Fat: 18.58g (28.59%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 27.51g (10%), Sugar: 19.83g (22.03%), Cholesterol: 66.9mg (22.3%), Sodium: 1617.67mg (70.33%), Alcohol: 0.77g (4.29%), Protein: 34.73g (69.45%), Vitamin C: 186.4mg (225.94%), Vitamin K: 208.11µg (198.2%), Vitamin B6: 1.26mg (63.04%), Vitamin A: 2922.99IU (58.46%), Selenium: 39.19µg (55.99%), Vitamin B3: 10.13mg (50.66%), Phosphorus: 417.46mg (41.75%), Folate: 155.53µg (38.88%), Manganese: 0.77mg (38.43%), Zinc: 5.58mg (37.21%), Iron: 6.04mg (33.56%), Potassium: 1161.65mg (33.19%), Fiber: 6.86g (27.46%), Vitamin B2: 0.42mg (24.9%), Vitamin B1: 0.36mg (23.91%), Magnesium: 94.77mg (23.69%), Vitamin B5: 2.27mg (22.74%), Vitamin E: 2.74mg (18.3%), Vitamin B12: 1.07µg (17.77%), Calcium: 162.62mg (16.26%), Copper: 0.31mg (15.43%)