



 **62%**
HEALTH SCORE

Beef-And-Broccoli Stir-Fry

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

READY IN



45 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth
- 4 cups broccoli florets
- 1 cup carrots thinly sliced
- 6 cups quick-cooking brown rice hot cooked (such as Success)
- 1 tablespoon cornstarch
- 2 teaspoons sesame oil dark divided
- 1 tablespoon ginger fresh minced peeled
- 3 garlic clove minced

- 0.3 cup soy sauce low-sodium
- 2.5 cups onion sliced (1)
- 1 pound sirloin steak boneless

Equipment

- bowl
- frying pan
- whisk
- wok

Directions

- Trim fat from steak.
- Cut beef diagonally across grain into very thin slices.
- Combine broth, soy sauce, and cornstarch in a small bowl; stir with a whisk until blended.
- Heat 1 teaspoon oil in a large nonstick skillet or wok over high heat.
- Add ginger and garlic; stir-fry 2 minutes.
- Add beef; stir-fry 5 minutes.
- Remove mixture from pan; keep warm.
- Add remaining 1 teaspoon oil; add broccoli, onion, and carrot. Saut 7 minutes or until vegetables are crisp-tender. Return beef mixture to pan, and stir in cornstarch mixture; saut 2 minutes or until thick and bubbly.
- Serve over rice.

Nutrition Facts



PROTEIN 21.15% **FAT 28.1%** **CARBS 50.75%**

Properties

Glycemic Index:25.14, Glycemic Load:3, Inflammation Score:-10, Nutrition Score:27.81347838692%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 15.58mg, Quercetin: 15.58mg, Quercetin: 15.58mg

Nutrients (% of daily need)

Calories: 445.81kcal (22.29%), Fat: 13.84g (21.29%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 56.24g (18.75%), Net Carbohydrates: 51.81g (18.84%), Sugar: 4.96g (5.51%), Cholesterol: 42.34mg (14.11%), Sodium: 616.66mg (26.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.88%), Vitamin A: 3943.37IU (78.87%), Vitamin C: 60.83mg (73.74%), Vitamin K: 65.17µg (62.07%), Folate: 180.62µg (45.16%), Manganese: 0.9mg (44.86%), Vitamin B12: 2.13µg (35.49%), Vitamin B3: 6.74mg (33.69%), Selenium: 22.86µg (32.65%), Vitamin B6: 0.63mg (31.34%), Iron: 5.34mg (29.65%), Phosphorus: 285.13mg (28.51%), Zinc: 3.81mg (25.38%), Vitamin B1: 0.3mg (19.7%), Potassium: 675.65mg (19.3%), Fiber: 4.44g (17.76%), Vitamin B2: 0.29mg (16.86%), Magnesium: 54.38mg (13.6%), Copper: 0.2mg (9.95%), Vitamin B5: 0.87mg (8.68%), Calcium: 77.14mg (7.71%), Vitamin E: 0.71mg (4.74%)