




Beef and Broccoli Stir Fry with Whole Grain Brown Rice


 Gluten Free  Dairy Free

READY IN




35 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.5 pound sirloin steak thinly sliced
- 2 cups broccoli florets
- 2 cloves garlic minced
- 4 spring onion thinly sliced
- 1 cup brown rice whole instant
- 2 tablespoons soya sauce

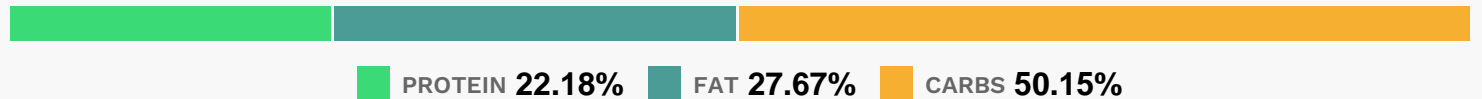
Equipment

frying pan

Directions

- In a large skillet, spray with non-stick spray and saute the beef until browned.
- Add the garlic, green onion, broccoli and soy sauce; saute for 1 minute.
- Add the rice and water (according to package directions), bring to a simmer, cover and cook for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:23.098695941593%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 323.94kcal (16.2%), Fat: 9.96g (15.32%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 37.41g (13.6%), Sugar: 1.61g (1.79%), Cholesterol: 31.75mg (10.58%), Sodium: 553.78mg (24.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.96g (35.93%), Manganese: 1.92mg (96.16%), Vitamin K: 72.15µg (68.72%), Vitamin C: 43.31mg (52.5%), Selenium: 21.67µg (30.96%), Phosphorus: 301.13mg (30.11%), Vitamin B6: 0.57mg (28.72%), Vitamin B12: 1.58µg (26.27%), Vitamin B3: 5.13mg (25.66%), Magnesium: 93.41mg (23.35%), Zinc: 3.08mg (20.56%), Vitamin B1: 0.29mg (19.29%), Iron: 2.57mg (14.27%), Potassium: 480.33mg (13.72%), Vitamin B2: 0.22mg (13.13%), Fiber: 3.22g (12.87%), Folate: 50.66µg (12.67%), Vitamin B5: 1.18mg (11.79%), Copper: 0.22mg (11.09%), Vitamin A: 403.24IU (8.06%), Vitamin E: 0.98mg (6.51%), Calcium: 48.58mg (4.86%)