



Beef, Baby Broccoli and Wild Mushrooms

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple juice dry
- ☐ 0.8 cup beef broth flavored progresso® (from 32-ounce carton)
- ☐ 1 pound beef top sirloin steaks boneless
- ☐ 8 ounces broccoli cut into flowerets and stems cut into 1-inch pieces
- ☐ 1 teaspoon cornstarch
- ☐ 2 cups crimini mushrooms fresh sliced
- ☐ 8 ounces mushroom caps fresh cut into fourths (3 cups)
- ☐ 2 garlic clove finely chopped

- ☐ 10 ounces soup noodles chinese
- ☐ 1 tablespoon soya sauce

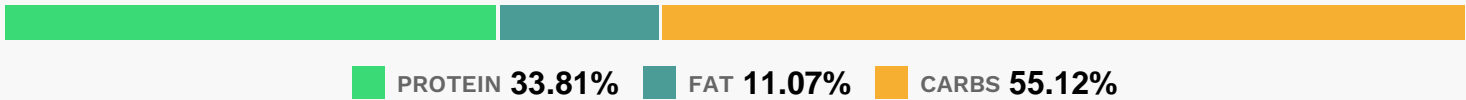
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat.
- ☐ Add beef and garlic; stir-fry 4 to 5 minutes or until beef is brown.
- ☐ Remove from skillet.
- ☐ Add broccoli and 1/2 cup of the broth to skillet.
- ☐ Heat to boiling; reduce heat to medium. Cover and cook about 2 minutes or until broccoli is crisp-tender.
- ☐ Add mushrooms, sherry and soy sauce. Cover and cook 2 to 3 minutes, stirring occasionally, until mushrooms are tender.
- ☐ Stir in beef.
- ☐ Mix cornstarch and remaining 1/4 cup broth; stir into beef mixture.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Meanwhile, cook and drain noodles as directed on package. Divide noodles among bowls. Top with beef mixture.

Nutrition Facts



Properties

Glycemic Index:47.94, Glycemic Load:23.3, Inflammation Score:-7, Nutrition Score:32.920435013978%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 466.87kcal (23.34%), Fat: 5.73g (8.81%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 64.15g (21.38%), Net Carbohydrates: 58.69g (21.34%), Sugar: 5.64g (6.26%), Cholesterol: 66.9mg (22.3%), Sodium: 513.1mg (22.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.35g (78.71%), Selenium: 94.31µg (134.73%), Vitamin B3: 13.01mg (65.07%), Vitamin C: 51.11mg (61.95%), Vitamin B6: 1.15mg (57.56%), Vitamin K: 59.18µg (56.36%), Phosphorus: 531.93mg (53.19%), Manganese: 1.02mg (51.04%), Zinc: 6.79mg (45.24%), Vitamin B2: 0.56mg (33.15%), Potassium: 1123.14mg (32.09%), Copper: 0.59mg (29.61%), Vitamin B5: 2.8mg (28.01%), Magnesium: 93.6mg (23.4%), Fiber: 5.46g (21.85%), Iron: 3.76mg (20.88%), Folate: 81.35µg (20.34%), Vitamin B12: 1.13µg (18.89%), Vitamin B1: 0.24mg (16%), Calcium: 81.02mg (8.1%), Vitamin A: 353.45IU (7.07%), Vitamin E: 0.84mg (5.62%), Vitamin D: 0.26µg (1.75%)