



## Beef-Broccoli Stir-Fry

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

READY IN



20 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 cups prechopped broccoli florets
- 2 tablespoons canola oil divided
- 1 tablespoon cornstarch
- 2 tablespoons cooking sherry dry divided
- 2 teaspoons garlic minced
- 0.3 cup green onions sliced
- 1 tablespoon bottled ground ginger fresh
- 1 tablespoon hoisin sauce

- 2 tablespoons lower-sodium soy sauce divided
- 0.5 cup lower-sodium beef broth
- 7 ounce boil-in-bag rice long-grain white
- 1 pound rump steak boneless thin
- 1 teaspoon sriracha or red hot crushed (chile sauce)
- 1 teaspoon sugar
- 0.3 cup water

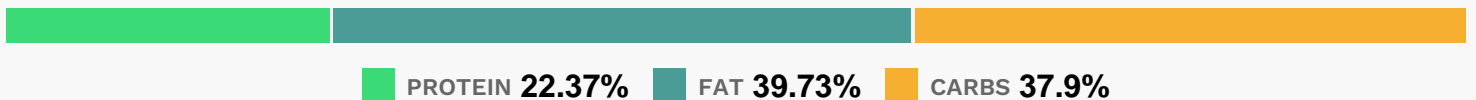
## Equipment

- frying pan

## Directions

- Cook rice according to directions.
- While rice cooks, combine 1 tablespoon sherry, 1 tablespoon soy sauce, sugar, and beef. Stir together 1 tablespoon sherry, 1 tablespoon soy sauce, broth, cornstarch, hoisin, and Sriracha.
- Heat 1 tablespoon oil in a large skillet over medium-high heat.
- Add beef mixture; saut 3 minutes or until browned.
- Remove beef from pan.
- Add remaining 1 tablespoon oil to pan.
- Add ginger and garlic; cook 30 seconds, stirring constantly.
- Add broccoli and 1/4 cup water; cook 1 minute.
- Add onions; cook 1 minute, stirring constantly.
- Add broth mixture and beef mixture; cook 2 minutes or until beef is thoroughly heated and sauce is slightly thick.
- Serve beef mixture over rice.

## Nutrition Facts



## Properties

Glycemic Index:60.07, Glycemic Load:26.04, Inflammation Score:-8, Nutrition Score:30.134782625281%

## 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: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

## Nutrients (% of daily need)

Calories: 569kcal (28.45%), Fat: 24.78g (38.13%), Saturated Fat: 7.6g (47.49%), Carbohydrates: 53.19g (17.73%), Net Carbohydrates: 49.39g (17.96%), Sugar: 4.1g (4.55%), Cholesterol: 63.62mg (21.21%), Sodium: 512.97mg (22.3%), Alcohol: 0.77g (100%), Alcohol %: 0.29% (100%), Protein: 31.39g (62.79%), Vitamin K: 115.72µg (110.21%), Vitamin C: 83.23mg (100.89%), Manganese: 1.26mg (63.14%), Vitamin B12: 3.15µg (52.54%), Selenium: 29.72µg (42.46%), Vitamin B6: 0.73mg (36.63%), Phosphorus: 339.81mg (33.98%), Zinc: 4.84mg (32.25%), Vitamin B3: 5.87mg (29.35%), Potassium: 848.6mg (24.25%), Vitamin B2: 0.38mg (22.31%), Iron: 4mg (22.23%), Folate: 78.3µg (19.57%), Magnesium: 67.09mg (16.77%), Vitamin A: 799.01IU (15.98%), Fiber: 3.8g (15.18%), Vitamin E: 2.27mg (15.14%), Vitamin B1: 0.23mg (15.06%), Vitamin B5: 1.43mg (14.33%), Copper: 0.28mg (13.92%), Calcium: 80.1mg (8.01%)