



Beef Negimaki With Broccolini and Rice



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound broccolini
- ☐ 1.5 cups carrots shredded
- ☐ 0.3 cup hoisin sauce
- ☐ 1 cup quick-cooking brown rice instant
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 1 tablespoon rice vinegar
- ☐ 4 servings pepper black freshly ground

- ☐ 8 spring onion cut into 3-inch-long pieces
- ☐ 1 tablespoon sesame oil
- ☐ 1 pound top round thinly sliced cut into 12 strips (6 inches by 2 1/2 inches each)

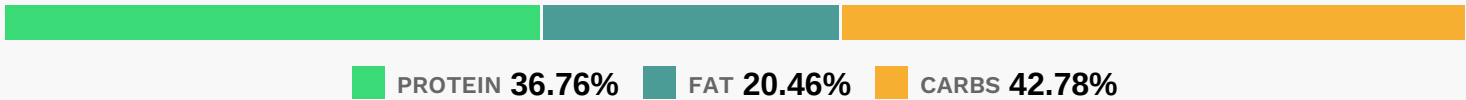
Equipment

- ☐ bowl
- ☐ toothpicks
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat grill. Fold four 18-inch-long pieces of foil in half; unfold and coat inside with cooking spray.
- ☐ Combine hoisin, soy sauce, vinegar and oil in a bowl; coat beef with marinade.
- ☐ Place a handful of scallions and carrots on end of 1 strip of beef (tips should hang over edges of meat); roll up beef to enclose vegetables and secure with a toothpick. Repeat with remaining beef, scallions and carrots.
- ☐ Place 1/4 cup rice in center of 1 half of each piece of foil; top rice with 3 beef rolls each. Surround rice and beef in each packet with 1/4 of Broccolini; season all with salt and pepper. Fold foil to close and crimp 2 sides of each packet, leaving 1 side open; pour 1/4 cup broth into each packet. Crimp third side of packets to seal; place on grill; close lid; cook until packets are fully puffed, 10 minutes. Carefully cut foil to open; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:40.21, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:31.751739294633%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 383.48kcal (19.17%), Fat: 8.64g (13.29%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 36.39g (13.23%), Sugar: 10.3g (11.45%), Cholesterol: 69.69mg (23.23%), Sodium: 585.27mg (25.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.92g (69.84%), Vitamin A: 10260.89IU (205.22%), Vitamin C: 111.47mg (135.11%), Selenium: 44.72µg (63.88%), Vitamin K: 58.12µg (55.36%), Vitamin B3: 10.96mg (54.8%), Vitamin B6: 0.9mg (45.02%), Zinc: 5.85mg (38.97%), Phosphorus: 336.25mg (33.63%), Iron: 5.41mg (30.08%), Vitamin B12: 1.59µg (26.5%), Folate: 105.21µg (26.3%), Vitamin B1: 0.35mg (23.61%), Potassium: 735.3mg (21.01%), Manganese: 0.41mg (20.51%), Fiber: 4.25g (17%), Vitamin B2: 0.28mg (16.74%), Calcium: 152.59mg (15.26%), Copper: 0.26mg (12.83%), Magnesium: 49.61mg (12.4%), Vitamin B5: 1.04mg (10.38%), Vitamin E: 0.9mg (6.01%)