



 41%
HEALTH SCORE

Beef Teriyaki Stir Fry

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

READY IN



45 min.

SERVINGS



2

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 1 tablespoon cornstarch
- 1 teaspoon sesame oil dark
- 0.5 pound flank steak cut into ½" strips
- 1 teaspoon garlic minced
- 1 tablespoon ginger minced peeled

- 1 cup mushrooms chopped
- 1 cup mushrooms chopped
- 6 teaspoons cooking oil
- 1 cup bell pepper red sliced
- 2 tablespoons spring onion chopped
- 2 teaspoons sesame seed toasted
- 0.3 cup soya sauce

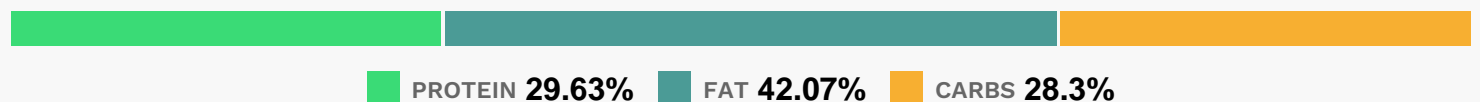
Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk ingredients together in a small bowl and refrigerate for at least 30 minutes.
- Heat oil in a large frying pan over medium heat.
- Add beef and saut for 3-4 minutes just to brown it on all sides.
- Remove from pan and set aside.
- Add vegetables and saut for 5 minutes more, until beginning to soften. Stir in teriyaki sauce and allow mixture to come to a simmer.
- Add beef and any drippings that have accumulated on the plate. Cook for 5 minutes, stirring occasionally. In a small bowl, combine cornstarch with 2 tsp cold water to dissolve. Stir into the pan of beef and vegetables. Allow the mixture to simmer and thicken for 2 minutes. Toss to evenly coat vegetables and beef in teriyaki sauce.
- Serve.

Nutrition Facts



Properties

Glycemic Index:127.5, Glycemic Load:3.41, Inflammation Score:-10, Nutrition Score:38.635652173913%

Flavonoids

Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Taste

Sweetness: 31.13%, Saltiness: 100%, Sourness: 28.28%, Bitterness: 33.44%, Savoriness: 66.53%, Fattiness: 61.63%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 447.2kcal (22.36%), Fat: 21.63g (33.27%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 27.08g (9.85%), Sugar: 18.93g (21.03%), Cholesterol: 68.04mg (22.68%), Sodium: 1723.46mg (74.93%), Protein: 34.27g (68.54%), Vitamin C: 180.32mg (218.57%), Vitamin K: 119.11µg (113.44%), Selenium: 46.18µg (65.97%), Vitamin B3: 13.16mg (65.78%), Vitamin B6: 1.27mg (63.43%), Vitamin A: 2959.66IU (59.19%), Phosphorus: 448.04mg (44.8%), Vitamin B2: 0.74mg (43.69%), Zinc: 5.74mg (38.27%), Potassium: 1260.74mg (36.02%), Folate: 134.21µg (33.55%), Vitamin B5: 3.06mg (30.56%), Copper: 0.59mg (29.56%), Vitamin E: 4.4mg (29.34%), Manganese: 0.58mg (28.93%), Iron: 4.43mg (24.62%), Fiber: 5.65g (22.61%), Magnesium: 84.54mg (21.13%), Vitamin B1: 0.3mg (20.29%), Vitamin B12: 1.07µg (17.84%), Calcium: 117.61mg (11.76%), Vitamin D: 0.19µg (1.28%)