



Best Beef and Broccoli

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

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets fresh chopped
- 10.8 ounce campbell's® condensed cream of celery soup canned
- 4 servings pepper black to taste
- 1 tablespoon olive oil
- 1 large onion thinly sliced
- 1 pound round steak thinly sliced into 2 inch pieces
- 4 servings salt to taste
- 3 tablespoons soya sauce

0.3 cup water

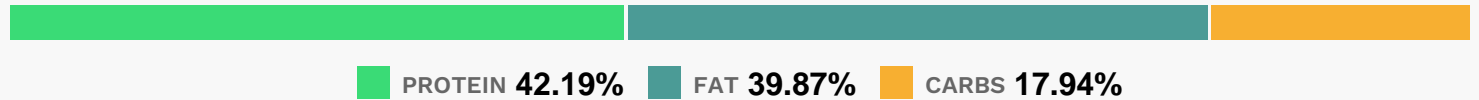
Equipment

frying pan

Directions

- In a large skillet, heat the olive oil over high heat. Stir in the steak and season with salt and pepper. Cook until beef is almost completely browned.
- Stir in onions and saute until tender. Stir in broccoli, condensed cream of broccoli soup, water and soy sauce. Blend well.
- Reduce heat and cover. Cook to desired doneness.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.47, Inflammation Score:-7, Nutrition Score:23.855651969495%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 283.37kcal (14.17%), Fat: 12.54g (19.29%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 10.28g (3.74%), Sugar: 3.62g (4.02%), Cholesterol: 79.82mg (26.61%), Sodium: 1423.02mg (61.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.86g (59.72%), Vitamin K: 63.3µg (60.28%), Vitamin C: 43.51mg (52.74%), Selenium: 35.24µg (50.35%), Vitamin B6: 0.91mg (45.74%), Vitamin B3: 8.9mg (44.48%), Vitamin B12: 2.17µg (36.23%), Zinc: 5.27mg (35.12%), Phosphorus: 333.21mg (33.32%), Potassium: 702.38mg (20.07%), Iron: 3.55mg (19.71%), Manganese: 0.39mg (19.64%), Vitamin B5: 1.83mg (18.25%), Vitamin B2: 0.3mg (17.57%), Vitamin E: 2.27mg (15.11%), Folate: 54.5µg (13.63%), Copper: 0.26mg (12.98%), Magnesium: 51.19mg (12.8%), Vitamin B1: 0.18mg (12.19%), Vitamin A: 499.62IU (9.99%), Fiber: 2.41g (9.64%), Calcium: 80.81mg (8.08%)