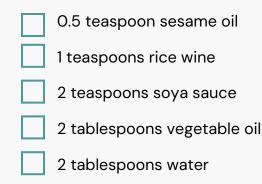




Ingredients

- 7 ounces beef thinly sliced
- 300 grams broccoli (1 head)
- 0.3 cup chicken stock see
- 0.5 ounces ginger fresh
- 2 large cloves garlic
- 0.1 teaspoon pepper white
- 1 tablespoons oyster sauce
- 1 teaspoon potato flour



Equipment



Directions

Put the soy sauce, shaoxing, 1/2 teaspoon potato starch and sesame oil into a small bowl and stir to combine.

Add the beef and let it it marinate while you prepare the other ingredients. Mince the garlic and finely julienne the ginger and place them in a small bowl. Prepare the broccoli by peeling the fibrous layer of skin off the main stalk. If you are using a vegetable peeler you'll need to go over the same area several times to get through to the tender center.

Cut the peeled stalk off and slice it in half lengthwise and then into bite-sized strips.

Cut apart the florets into bite-sized pieces. Measure out the 2 tablespoons of water into a small bowl. In a separate small bowl, whisk together the chicken stock, oyster sauce, 1 teaspoon potato starch and white pepper until combined.

Heat a saute pan or wok until very hot.

Add the oil along with the ginger and garlic. Give it a few stirs and then add the marinated beef. Stir-fry until the beef is just barely cooked through and then transfer to beef to a clean bowl.

Add the broccoli and water and cover immediately. Steam for 2 minutes.

Remove the lid and return the beef to the pan. The potato starch has probably settled, so give the sauce mixture a stir and pour it in with the beef and broccoli. Stir-fry until the sauce

is thick and has coated everything in a glossy sheen.

Nutrition Facts

PROTEIN 19.62% 📕 FAT 67.01% 📒 CARBS 13.37%

Properties

Glycemic Index:46, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:27.033043495987%

Flavonoids

Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 11.77mg, Kaempferol: 11.77mg, Kaempferol: 11.77mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 472.11kcal (23.61%), Fat: 35.58g (54.74%), Saturated Fat: 10.15g (63.45%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 11.71g (4.26%), Sugar: 3.47g (3.86%), Cholesterol: 71.65mg (23.88%), Sodium: 756.83mg (32.91%), Alcohol: 0.4g (100%), Alcohol %: 0.15% (100%), Protein: 23.44g (46.88%), Vitamin K: 180.07µg (171.5%), Vitamin C: 135.24mg (163.93%), Vitamin B12: 2.16µg (36%), Vitamin B6: 0.68mg (33.86%), Zinc: 4.92mg (32.8%), Vitamin B3: 6.26mg (31.32%), Selenium: 20.48µg (29.26%), Phosphorus: 285.4mg (28.54%), Folate: 107.01µg (26.75%), Potassium: 853.65mg (24.39%), Vitamin B2: 0.38mg (22.53%), Manganese: 0.43mg (21.73%), Iron: 3.39mg (18.85%), Vitamin A: 935.97IU (18.72%), Vitamin E: 2.74mg (18.26%), Fiber: 4.27g (17.09%), Magnesium: 57.59mg (14.4%), Vitamin B5: 1.42mg (14.19%), Vitamin B1: 0.18mg (11.85%), Copper: 0.21mg (10.38%), Calcium: 101.76mg (10.18%)