



Broccoli Beef



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



2

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounces beef thinly sliced
- ☐ 300 grams broccoli (1 head)
- ☐ 0.5 teaspoons cooking oil
- ☐ 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
- ☐ 1 teaspoons rice wine
- ☐ 2 teaspoons soya sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons water

Equipment

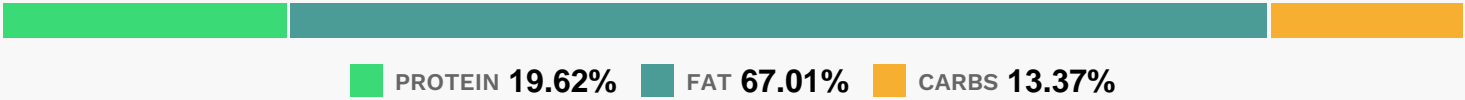
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok
- ☐ peeler

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 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



Properties

Glycemic Index:46, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:27.079565221849%

Flavonoids

Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 11.77mg, Kaempferol: 11.77mg, Kaempferol: 11.77mg, Kaempferol: 11.77mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.94mg, 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: 10.08g (63.02%), 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: 180.65µg (172.05%), 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%), Vitamin E: 2.9mg (19.33%), Iron: 3.39mg (18.85%), Vitamin A: 935.97IU (18.72%), 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%)