



Broccoli Beef II

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cubes beef bouillon from cube
- 0.5 cup beef broth fat free
- 1 pound broccoli separated
- 1 teaspoon cornstarch
- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced
- 1 tablespoon garlic minced
- 0.5 cup spring onion sliced

- 1 teaspoon ground ginger
- 2 tablespoons salad dressing fat-free italian
- 2 tablespoons soy sauce low-sodium
- 4 ounces soup noodles uncooked
- 0.8 pound round steak cut into strips
- 6 cups water

Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon

Directions

- In a shallow glass dish or bowl, stir together the soy sauce, Italian dressing, cornstarch, garlic and ginger.
- Place steak strips in the mixture to marinate for 15 minutes.
- While the beef is marinating, combine the bouillon cubes in water in a large saucepan. Bring to a boil, and add pasta. Cook for about 8 minutes, or until al dente.
- Drain.
- Heat a large skillet over medium-high heat.
- Remove beef from marinade with a slotted spoon, and place in the hot skillet. Discard marinade. Cook beef, stirring constantly for 2 to 3 minutes, or until mostly browned. Stir in the beef broth, mushrooms and green onions, reduce heat to medium-low, cover, and simmer for about 5 minutes.
- Remove lid, add broccoli, and cook until broccoli is bright green and tender but still crisp.
- Add drained linguine, toss, and serve.

Nutrition Facts



■ PROTEIN 37.33% ■ FAT 19.28% ■ CARBS 43.39%

Properties

Glycemic Index:50, Glycemic Load:10.7, Inflammation Score:-8, Nutrition Score:32.474347446276%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 307.73kcal (15.39%), Fat: 6.71g (10.32%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 29.13g (10.59%), Sugar: 4.76g (5.29%), Cholesterol: 53.58mg (17.86%), Sodium: 597.97mg (26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.46%), Vitamin K: 146.55µg (139.57%), Vitamin C: 105.16mg (127.47%), Selenium: 50.62µg (72.31%), Vitamin B3: 9.31mg (46.55%), Vitamin B6: 0.91mg (45.57%), Manganese: 0.79mg (39.62%), Phosphorus: 385.98mg (38.6%), Zinc: 4.96mg (33.05%), Vitamin B2: 0.52mg (30.64%), Potassium: 975.64mg (27.88%), Vitamin B12: 1.65µg (27.52%), Folate: 108.11µg (27.03%), Copper: 0.46mg (22.85%), Vitamin B5: 2.12mg (21.21%), Iron: 3.75mg (20.81%), Magnesium: 78.62mg (19.66%), Fiber: 4.83g (19.33%), Vitamin A: 833.95IU (16.68%), Vitamin B1: 0.24mg (16.14%), Calcium: 106.96mg (10.7%), Vitamin E: 1.43mg (9.55%), Vitamin D: 0.18µg (1.21%)