



 **73%**  
HEALTH SCORE

## Campbell's Kitchen Beef Teriyaki

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**319 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.8 cups beef broth organic swanson® (regular, Lower Sodium or Certified )
- 4 cups broccoli flowerets fresh
- 1 tablespoon brown sugar packed
- 4 servings rice hot cooked
- 2 tablespoons cornstarch
- 0.3 teaspoon garlic powder
- 2 tablespoons soya sauce
- 1 pound beef top round steak boneless

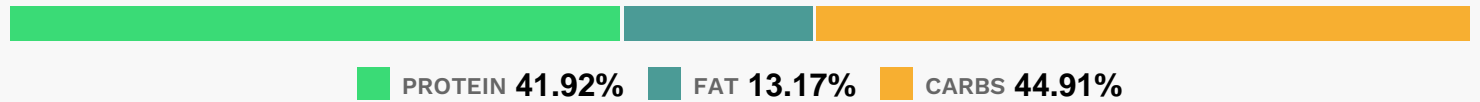
# Equipment

- frying pan

# Directions

- Slice beef into very thin strips.
- Mix cornstarch, broth, soy, brown sugar and garlic powder until smooth. Set aside.
- Stir-fry beef in nonstick skillet over medium-high heat until browned and juices evaporate.
- Add broccoli and cook 1 minute. Stir cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly.
- Serve over rice.

# Nutrition Facts



# Properties

Glycemic Index:40.25, Glycemic Load:25.12, Inflammation Score:-7, Nutrition Score:28.594347580619%

# Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

# Nutrients (% of daily need)

Calories: 318.91kcal (15.95%), Fat: 4.61g (7.09%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 32.64g (11.87%), Sugar: 4.6g (5.11%), Cholesterol: 69.17mg (23.06%), Sodium: 997.06mg (43.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.02g (66.05%), Vitamin C: 78.5mg (95.15%), Vitamin K: 91.12µg (86.78%), Selenium: 45.3µg (64.71%), Vitamin B6: 1.03mg (51.51%), Vitamin B3: 9.86mg (49.29%), Zinc: 5.98mg (39.85%), Phosphorus: 372.83mg (37.28%), Manganese: 0.63mg (31.74%), Vitamin B12: 1.6µg (26.74%), Potassium: 810.83mg (23.17%), Folate: 77.52µg (19.38%), Iron: 3.48mg (19.32%), Vitamin B2: 0.32mg (18.58%), Vitamin B5: 1.64mg (16.43%), Magnesium: 62.54mg (15.64%), Vitamin B1: 0.19mg (12.95%), Copper: 0.24mg (11.78%), Vitamin A: 548.24IU (10.96%), Fiber: 2.73g (10.92%), Calcium: 85.03mg (8.5%), Vitamin E: 1.05mg (6.99%)