



Campbell's Kitchen Beef Teriyaki

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

READY IN



25 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 cups beef broth organic swanson® (regular, Lower Sodium or Certified)
- 4 cups broccoli fresh
- 1 tablespoon brown sugar packed
- 1 tablespoon brown sugar packed
- 4 servings rice hot cooked
- 4 servings rice hot cooked
- 4 servings rice hot cooked
- 2 tablespoons cornstarch

- 0.3 teaspoon garlic powder
- 2 tablespoons soya sauce
- 1 pound top round boneless

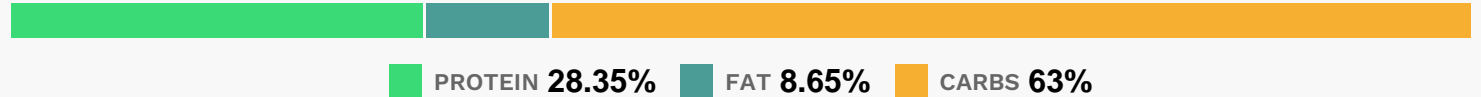
Equipment

- 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:94.75, Glycemic Load:72.95, Inflammation Score:-7, Nutrition Score:33.216086968132%

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: 535.71kcal (26.79%), Fat: 5.05g (7.78%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 82.82g (27.61%), Net Carbohydrates: 79.46g (28.9%), Sugar: 7.59g (8.44%), Cholesterol: 69.17mg (23.06%), Sodium: 999.48mg (43.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.28g (74.55%), Vitamin C: 78.5mg (95.15%), Vitamin K: 91.12µg (86.78%), Selenium: 57.18µg (81.69%), Manganese: 1.38mg (69.13%), Vitamin B6: 1.18mg (58.92%), Vitamin B3: 10.49mg (52.47%), Zinc: 6.75mg (45.02%), Phosphorus: 440.89mg (44.09%), Vitamin B12: 1.6µg (26.74%), Potassium: 870.12mg (24.86%), Vitamin B5: 2.26mg (22.63%), Iron: 3.82mg (21.19%), Folate: 82.29µg (20.57%), Magnesium: 81.77mg (20.44%), Vitamin B2: 0.34mg (19.79%), Copper: 0.35mg (17.3%), Vitamin B1: 0.23mg (15.06%),

Fiber: 3.36g (13.44%), Vitamin A: 548.24IU (10.96%), Calcium: 103.32mg (10.33%), Vitamin E: 1.11mg (7.41%)