



 **41%**  
HEALTH SCORE

# Chili and Garlic Spiced Beef and Broccoli Stir Fry

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**394 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 ounces fat-trimmed beef flank steak very thinly sliced
- 4 cups broccoli florets
- 1 tablespoon coconut oil
- 0.8 cup chicken broth low fat
- 1 tablespoon cornstarch
- 2 tablespoons soya sauce
- 2 tablespoons rice vinegar

- 2 tablespoons mirin
- 0.5 teaspoon sesame oil
- 1 tablespoon sugar
- 2 teaspoons chili sauce
- 2 cups brown rice cooked

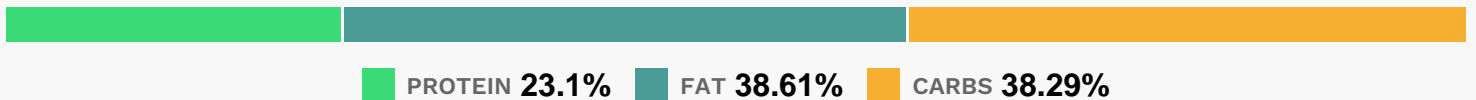
## Equipment

- bowl
- frying pan

## Directions

- Combine chicken broth, cornstarch, soy sauce, rice vinegar, Mirin, sesame oil, sugar and Asian chili sauce in a small bowl.
- Preheat non-skillet over medium high heat with 1/2 tablespoon coconut oil.
- Add beef and stir fry until beef is cooked through, 3 4 minutes.
- Remove from pan.
- Add remaining coconut oil and saute broccoli for 3 4 minutes until crisp-tender.
- Add chicken broth or water as needed to keep pan from becoming too dry.
- Add beef and sauce into the pan with the broccoli and stir until sauce thickens, 4 5 minutes.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:60.32, Glycemic Load:14.39, Inflammation Score:-8, Nutrition Score:26.658260869565%

## Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

## Nutrients (% of daily need)

Calories: 394.06kcal (19.7%), Fat: 17.26g (26.55%), Saturated Fat: 8.58g (53.63%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 34.23g (12.45%), Sugar: 7.22g (8.02%), Cholesterol: 52.76mg (17.59%), Sodium: 840.34mg (36.54%), Alcohol: 0.85g (4.72%), Protein: 23.24g (46.47%), Vitamin C: 81.57mg (98.88%), Vitamin K: 94.31µg (89.82%), Manganese: 1.33mg (66.57%), Zinc: 5.42mg (36.11%), Selenium: 23.42µg (33.45%), Vitamin B6: 0.67mg (33.29%), Vitamin B3: 6.53mg (32.67%), Phosphorus: 272.95mg (27.29%), Vitamin B12: 1.42µg (23.68%), Vitamin B2: 0.36mg (21.38%), Magnesium: 84.35mg (21.09%), Potassium: 629.06mg (17.97%), Fiber: 4.27g (17.08%), Vitamin B1: 0.26mg (17.05%), Folate: 65.63µg (16.41%), Iron: 2.92mg (16.24%), Vitamin A: 597.57IU (11.95%), Copper: 0.21mg (10.68%), Vitamin B5: 0.94mg (9.41%), Calcium: 63.12mg (6.31%), Vitamin E: 0.79mg (5.24%)