



Chinese Beef With Broccoli



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head broccoli cut into florets
- ☐ 2 tablespoons cornstarch
- ☐ 1 pound flank steak thinly sliced
- ☐ 2 cloves garlic minced
- ☐ 4 slices ginger peeled thin
- ☐ 1.3 cups chicken broth low-sodium
- ☐ 1 large onion halved sliced
- ☐ 1 tablespoon oyster sauce

- ☐ 5 tablespoons vegetable oil; peanut oil preferred
- ☐ 3 plum tomatoes quartered
- ☐ 4 tablespoons soya sauce
- ☐ 2 teaspoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk 1 tablespoon cornstarch, 3 tablespoons soy sauce, 1 teaspoon sugar and 1 tablespoon peanut oil in a large bowl.
- ☐ Add the steak and toss to coat; refrigerate until ready to cook.
- ☐ Whisk the remaining 1 tablespoon each cornstarch and soy sauce, the oyster sauce and chicken broth in a small bowl; set aside.
- ☐ Heat 1 tablespoon peanut oil in a large skillet over high heat.
- ☐ Add the ginger, broccoli and the remaining 1 teaspoon sugar and stir-fry 3 to 4 minutes; transfer to a plate.
- ☐ Heat 1 more tablespoon peanut oil in the skillet, add the onion and stir-fry 2 to 3 minutes.
- ☐ Add the tomatoes and cook, turning gently, 2 minutes.
- ☐ Transfer the onion and tomatoes to the plate with the broccoli.
- ☐ Reduce the heat to medium high; add the remaining 2 tablespoons peanut oil to the skillet.
- ☐ Add the garlic and steak and stir-fry 1 minute.
- ☐ Whisk the sauce mixture, then add to the skillet and simmer 1 minute. Return the vegetables to the skillet; cook until the meat is cooked through, 3 to 4 minutes.
- ☐ Serve with rice, if desired.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 PROTEIN **29.43%**  FAT **48.91%**  CARBS **21.66%**

Properties

Glycemic Index:56.77, Glycemic Load:4.93, Inflammation Score:-9, Nutrition Score:32.495652157327%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 12.21mg, Kaempferol: 12.21mg, Kaempferol: 12.21mg, Kaempferol: 12.21mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg

Nutrients (% of daily need)

Calories: 436.78kcal (21.84%), Fat: 24.37g (37.49%), Saturated Fat: 5.65g (35.33%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 18.86g (6.86%), Sugar: 7.84g (8.72%), Cholesterol: 68.04mg (22.68%), Sodium: 1265.44mg (55.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.96%), Vitamin C: 145.3mg (176.12%), Vitamin K: 160.37µg (152.74%), Vitamin B6: 1.1mg (55.01%), Selenium: 38.13µg (54.48%), Vitamin B3: 10.17mg (50.83%), Phosphorus: 401.43mg (40.14%), Zinc: 5.29mg (35.29%), Potassium: 1150.45mg (32.87%), Folate: 128.78µg (32.2%), Vitamin E: 4.53mg (30.18%), Manganese: 0.56mg (27.86%), Vitamin A: 1335.19IU (26.7%), Vitamin B2: 0.38mg (22.65%), Fiber: 5.41g (21.65%), Iron: 3.71mg (20.63%), Magnesium: 75.21mg (18.8%), Vitamin B12: 1.12µg (18.74%), Vitamin B5: 1.75mg (17.54%), Vitamin B1: 0.24mg (15.91%), Copper: 0.28mg (13.95%), Calcium: 119.65mg (11.97%)