



 **36%**
HEALTH SCORE

Chinese Beef With Broccoli

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

READY IN



55 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch baking soda
- 0.5 kg sirloin beef tips sliced (like sukiyaki-thin)
- 1 head broccoli
- 1 tablespoon cooking oil
- 2 tablespoons cornstarch
- 2 spring onion cut into small pieces 1/2 inch
- 2 teaspoons oyster sauce
- 0.3 cup rice wine

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- 0.3 cup soya sauce
- 1 tablespoon sugar
- 0.3 cup water dry for it not to be and to have a little sauce

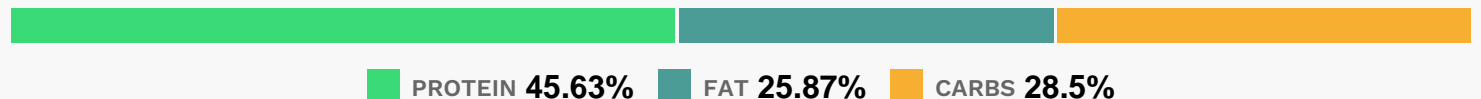
Equipment

- knife
- wok

Directions

- Pound sliced meat strips with the back of the knife until tender. Set aside.
- Combine cornstarch and rice wine.
- Add meat to cornstarch and rice wine mixture and marinate for at least 30 minutes.
- Combine Kikkoman soy sauce and sugar. Set aside. In the meantime, cut the broccoli into small florets, cutting the small stems diagonally; discard the big stalk.
- Heat oil in a wok over medium flame. Stir fry marinated beef; keep stirring until it changes color, but only until it's half done (half color).
- Add onions and the kikkoman with sugar mixture.
- Add the broccoli and oyster sauce; keep stirring for 5 minutes or until cooked; while adding also a pinch of baking soda to the broccoli.
- Add 1/4 cup water and stir fry for another minute.
- Serve warm. [Submit a Correction](#)

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:4.25, Inflammation Score:-9, Nutrition Score:30.854347768037%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 12mg, Kaempferol: 12mg, Kaempferol: 12mg, Kaempferol: 12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 334.36kcal (16.72%), Fat: 8.29g (12.76%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 16.29g (5.92%), Sugar: 5.96g (6.63%), Cholesterol: 68.75mg (22.92%), Sodium: 1085.92mg (47.21%), Alcohol: 7.24g (100%), Alcohol %: 2.47% (100%), Protein: 32.92g (65.84%), Vitamin C: 136.71mg (165.72%), Vitamin K: 171.33µg (163.17%), Selenium: 40.84µg (58.35%), Vitamin B6: 1.08mg (54.21%), Vitamin B3: 9.57mg (47.84%), Zinc: 5.89mg (39.25%), Phosphorus: 379.02mg (37.9%), Folate: 117.66µg (29.42%), Potassium: 961.92mg (27.48%), Vitamin B12: 1.57µg (26.25%), Vitamin B2: 0.38mg (22.29%), Iron: 3.84mg (21.33%), Manganese: 0.42mg (21.06%), Vitamin A: 1006.78IU (20.14%), Magnesium: 70.76mg (17.69%), Vitamin B5: 1.72mg (17.15%), Fiber: 4.27g (17.08%), Vitamin B1: 0.23mg (15.34%), Vitamin E: 2.17mg (14.46%), Copper: 0.23mg (11.67%), Calcium: 107.42mg (10.74%)