



Chop-Chop Beef Stir-Fry



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth fat-free
- ☐ 2 cups broccoli florets
- ☐ 0.5 tablespoon cornstarch
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 tablespoon garlic chopped
- ☐ 1 cup mushrooms sliced
- ☐ 1 Dash salt
- ☐ 2 tablespoons scallions thinly sliced chopped for serving, optional

- ☐ 0.5 tablespoon lite soy sauce reduced-sodium
- ☐ 4 ounces leanest cut available raw lean sliced
- ☐ 1 cup sugar snap peas

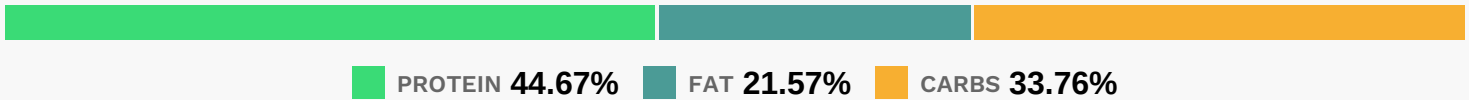
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a bowl, combine beef broth, cornstarch, soy sauce, garlic, and red pepper.
- ☐ Whisk until cornstarch dissolves. Set aside.
- ☐ Season beef with salt and thinly slice.
- ☐ Add to the bowl and toss to coat. Cover and let marinate in the refrigerator for 10 to 15 minutes.
- ☐ Bring a skillet sprayed with nonstick spray to medium-high heat.
- ☐ Add broccoli, sugar snap peas, mushrooms, scallions, and 1/4 cup of the marinade from the beef. Stirring occasionally, cook until broccoli softens, about 3 minutes.
- ☐ Add beef and remaining marinade. Stirring occasionally, cook until beef is cooked through, 2 to 3 minutes.
- ☐ Serve it up and season to taste with additional salt and garnish with sliced scallions, if using. Enjoy!

Nutrition Facts



Properties

Glycemic Index:141, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:43.372173775797%

Flavonoids

Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Kaempferol: 14.44mg, Kaempferol: 14.44mg, Kaempferol: 14.44mg, Kaempferol: 14.44mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 332.24kcal (16.61%), Fat: 8.31g (12.78%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 20.35g (7.4%), Sugar: 9.42g (10.47%), Cholesterol: 72.57mg (24.19%), Sodium: 1130.21mg (49.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.72g (77.45%), Vitamin C: 226.67mg (274.75%), Vitamin K: 236.94µg (225.65%), Selenium: 50.52µg (72.17%), Vitamin B3: 13.92mg (69.62%), Vitamin B6: 1.38mg (68.89%), Phosphorus: 531.5mg (53.15%), Vitamin B2: 0.87mg (51.1%), Folate: 198.84µg (49.71%), Vitamin A: 2467.37IU (49.35%), Potassium: 1620.75mg (46.31%), Manganese: 0.83mg (41.63%), Zinc: 6.17mg (41.12%), Vitamin B5: 4.04mg (40.45%), Iron: 6.43mg (35.73%), Fiber: 8.92g (35.67%), Vitamin B1: 0.46mg (30.76%), Copper: 0.6mg (29.96%), Magnesium: 106.73mg (26.68%), Vitamin B12: 1.18µg (19.62%), Calcium: 182.14mg (18.21%), Vitamin E: 2.42mg (16.15%), Vitamin D: 0.19µg (1.28%)