



Easy Beef and Broccoli

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

READY IN



15 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef stir-fry strips
- 2 cups broccoli florets frozen
- 0.3 cup classic catalina dressing kraft
- 1 Tbsp gingerroot grated
- 0.3 cup hoisin sauce
- 2 cups rice white instant uncooked
- 1 Tbsp oil

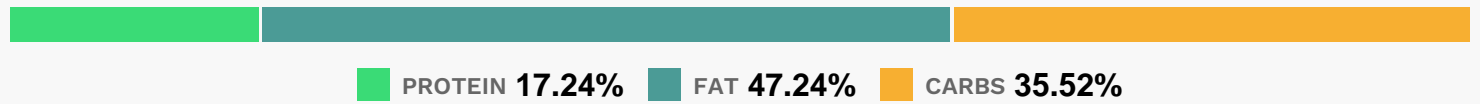
Equipment

frying pan

Directions

- Cook rice as directed on package. Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- Add meat; cook 3 min. or until evenly browned, stirring frequently.
- Add broccoli, hoisin sauce, dressing and gingerroot; stir. Cover. Cook 5 min. or until heated through.
- Serve over the rice.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:23.556521840717%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 582.99kcal (29.15%), Fat: 30.1g (46.3%), Saturated Fat: 9.63g (60.19%), Carbohydrates: 50.9g (16.97%), Net Carbohydrates: 48.39g (17.6%), Sugar: 9.66g (10.73%), Cholesterol: 81.03mg (27.01%), Sodium: 566.93mg (24.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.43%), Vitamin C: 40.74mg (49.38%), Selenium: 34.46µg (49.24%), Vitamin K: 51.08µg (48.65%), Vitamin B3: 8.31mg (41.55%), Vitamin B12: 2.43µg (40.45%), Folate: 159µg (39.75%), Zinc: 5.6mg (37.35%), Vitamin B1: 0.48mg (32.02%), Iron: 5.43mg (30.14%), Manganese: 0.58mg (28.91%), Phosphorus: 267.07mg (26.71%), Vitamin B6: 0.51mg (25.59%), Vitamin B2: 0.27mg (15.94%), Potassium: 489.28mg (13.98%), Vitamin B5: 1.03mg (10.31%), Fiber: 2.52g (10.06%), Vitamin E: 1.5mg (10.01%), Magnesium: 39.73mg (9.93%), Copper: 0.19mg (9.68%), Calcium: 57.04mg (5.7%), Vitamin A: 284.5IU (5.69%)