



Easy Broccoli and Beef Stir Fry

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

READY IN



30 min.

SERVINGS



6

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb round steak boneless cut into thin strips
- 4.5 oz mushrooms drained sliced
- 1 tablespoon cornstarch
- 1 clove garlic finely chopped
- 0.5 cup teriyaki sauce
- 24 oz broccoli frozen
- 2 tablespoons vegetable oil
- 1 cup spring onion sliced

1 serving rice hot cooked

Equipment

bowl

frying pan

Directions

In large bowl, mix beef, mushrooms, cornstarch, garlic and teriyaki sauce.

Let stand at room temperature 15 minutes, stirring occasionally.

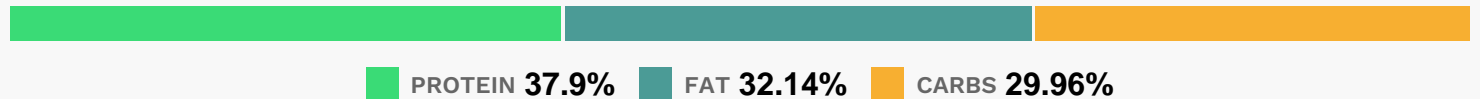
Drain beef and mushrooms well, reserving marinade. Cook frozen broccoli as directed on bag.

In 12-inch skillet, heat oil over medium-high heat. Cook beef, mushrooms and green onions in oil 3 to 5 minutes, stirring frequently, until beef is no longer pink. Stir in cooked broccoli.

Gradually add reserved marinade. Cook over medium-high heat 2 to 3 minutes, stirring constantly, until mixture thickens.

Serve over rice.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:5.9, Inflammation Score:-8, Nutrition Score:26.55086961259%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 9.12mg, Kaempferol: 9.12mg, Kaempferol: 9.12mg, Kaempferol: 9.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 238.78kcal (11.94%), Fat: 8.72g (13.41%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 14.59g (5.3%), Sugar: 6.13g (6.81%), Cholesterol: 47.63mg (15.88%), Sodium: 1003.78mg (43.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.25%), Vitamin K: 159.42µg (151.83%), Vitamin C: 104.89mg (127.14%), Selenium: 27.89µg (39.85%), Vitamin B6: 0.78mg (38.83%), Vitamin B3: 7.16mg (35.79%), Phosphorus: 310.68mg (31.07%), Zinc: 3.98mg (26.53%), Folate: 97.88µg (24.47%), Vitamin B12: 1.44µg (23.96%), Potassium: 798.71mg (22.82%), Vitamin B2: 0.37mg (21.99%), Iron: 3.23mg (17.96%), Manganese: 0.36mg

(17.83%), Vitamin A: 872.68IU (17.45%), Magnesium: 64.35mg (16.09%), Vitamin B5: 1.59mg (15.93%), Fiber: 3.69g (14.77%), Vitamin B1: 0.19mg (12.64%), Copper: 0.25mg (12.43%), Vitamin E: 1.58mg (10.54%), Calcium: 89.3mg (8.93%)