



 **75%**
HEALTH SCORE

Easy Ginger Beef Broccoli

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups broccoli chopped
- 10.5 ounce chicken broth canned
- 0.3 cup flour
- 0.3 teaspoon ginger fresh minced
- 1 clove garlic minced
- 1 pound round steak boneless cut into bite size strips
- 2 tablespoons soya sauce
- 2 tablespoons sugar

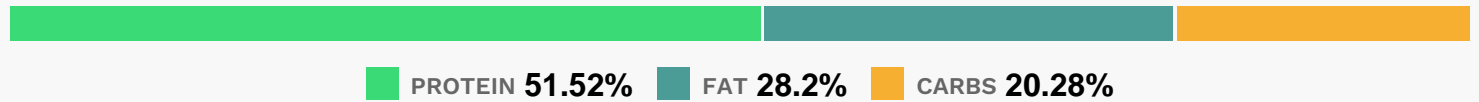
Equipment

- bowl
- frying pan
- wok

Directions

- In a small bowl, combine flour, broth, sugar, and soy sauce. Stir until sugar and flour are dissolved. In a large skillet or wok over high heat, cook and stir beef 2 to 4 minutes, or until browned. Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat. Simmer 5 to 10 minutes, or until sauce thickens. Excellent served over rice.

Nutrition Facts



Properties

Glycemic Index:59.27, Glycemic Load:9.78, Inflammation Score:-8, Nutrition Score:31.143043478261%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 384.5kcal (19.23%), Fat: 11.88g (18.28%), Saturated Fat: 3.65g (22.78%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 16.63g (6.05%), Sugar: 7.67g (8.52%), Cholesterol: 108.65mg (36.22%), Sodium: 955.47mg (41.54%), Protein: 48.84g (97.68%), Vitamin C: 78.74mg (95.44%), Vitamin K: 92.87µg (88.45%), Selenium: 51.19µg (73.13%), Vitamin B3: 11mg (54.98%), Vitamin B6: 1.08mg (54.08%), Vitamin B12: 2.89µg (48.12%), Zinc: 7.19mg (47.93%), Phosphorus: 445.01mg (44.5%), Iron: 4.61mg (25.59%), Vitamin B2: 0.42mg (24.5%), Potassium: 822.19mg (23.49%), Folate: 87.62µg (21.91%), Magnesium: 66.53mg (16.63%), Vitamin B1: 0.24mg (15.89%), Manganese: 0.31mg (15.6%), Vitamin A: 680.03IU (13.6%), Vitamin B5: 1.34mg (13.42%), Copper: 0.22mg (11.06%), Fiber: 2.59g (10.36%), Vitamin E: 1.27mg (8.47%), Calcium: 78.87mg (7.89%), Vitamin D: 0.19µg (1.25%)