



Foolproof Beef and Broccoli

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli
- 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned
- 4 cups egg noodles hot cooked
- 0.1 teaspoon garlic powder
- 1 medium onion cut into wedges
- 1 tablespoon soya sauce
- 1 pound top round boneless
- 2 tablespoons vegetable oil

0.3 cup water

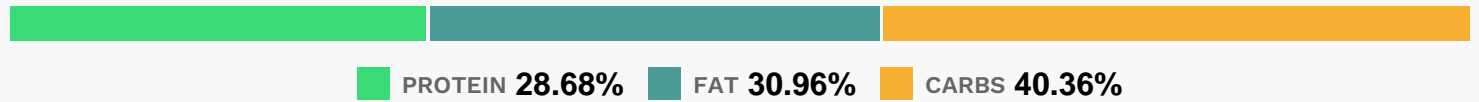
Equipment

frying pan

Directions

- Slice beef into very thin strips.
- Heat 1 tablespoon oil in skillet.
- Add beef and stir-fry until browned.
- Remove beef.
- Add remaining oil.
- Add broccoli, onion and garlic and stir-fry until tender-crisp.
- Add soup, water and soy.
- Heat to a boil. Return beef to skillet and heat through.
- Serve over egg noodles.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:20.34, Inflammation Score:-7, Nutrition Score:29.513478087342%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 511.02kcal (25.55%), Fat: 17.53g (26.96%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 51.42g (17.14%), Net Carbohydrates: 47.39g (17.23%), Sugar: 3.66g (4.07%), Cholesterol: 123.95mg (41.32%), Sodium: 741.74mg (32.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.53g (73.06%), Selenium: 77.08µg (110.12%), Vitamin K: 71.96µg (68.53%), Vitamin C: 41.44mg (50.23%), Vitamin B6: 0.97mg (48.59%), Vitamin B3: 9.13mg (45.67%),

Phosphorus: 441.72mg (44.17%), Zinc: 6.57mg (43.77%), Manganese: 0.82mg (41.18%), Vitamin B12: 1.71µg (28.42%), Iron: 4.07mg (22.6%), Vitamin B5: 2.2mg (21.95%), Potassium: 748.29mg (21.38%), Copper: 0.41mg (20.31%), Magnesium: 79.82mg (19.95%), Vitamin B2: 0.29mg (17.31%), Vitamin E: 2.57mg (17.1%), Fiber: 4.03g (16.13%), Folate: 62.4µg (15.6%), Vitamin B1: 0.22mg (14.68%), Vitamin A: 523.12IU (10.46%), Calcium: 97.1mg (9.71%), Vitamin D: 0.16µg (1.07%)