



Fun Karnal (Beef and Broccoli)



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



485 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bamboo skewers canned drained sliced
- ☐ 1 cup broccoli florets
- ☐ 0.5 cup mushrooms canned drained sliced
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons onion dried minced
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.5 bell pepper green thinly sliced
- ☐ 0.3 cup green onion chopped

- ☐ 10 fluid ounce oyster sauce
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 3 tablespoons soya sauce
- ☐ 3 inch thick new york strip steaks cut into 1-inch pieces
- ☐ 0.3 cup sugar snap peas
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons water
- ☐ 2 cups rice white

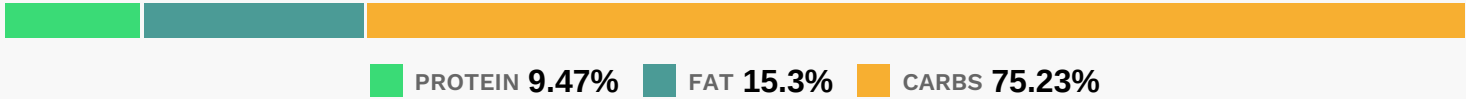
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place steak in a bowl; top with minced onion, garlic, and 1 tablespoon soy sauce. Stir to coat.
- ☐ Bring rice and 4 cups water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Heat vegetable oil in a skillet over medium heat; cook and stir bamboo shoots, mushrooms, 1/4 cup green onion, green bell pepper, red pepper flakes, and 3 tablespoons soy sauce in the hot oil until green bell pepper is slightly tender, 4 to 5 minutes.
- ☐ Add steak, broccoli, and sugar snap peas; cook until beef is browned and no longer pink in the center, about 10 minutes.
- ☐ Whisk cornstarch and 2 tablespoons water together in a bowl until cornstarch is dissolved.
- ☐ Heat oyster sauce in a saucepan over medium-low heat; slowly stir in cornstarch mixture until sauce is thickened, 3 to 5 minutes. Stir oyster sauce mixture into steak mixture; sprinkle with 1/4 cup green onions. Cook steak mixture until sauce is thickened, 7 to 8 minutes.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:53.05, Glycemic Load:45.17, Inflammation Score:-6, Nutrition Score:17.783478468657%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 484.64kcal (24.23%), Fat: 8.19g (12.6%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 90.64g (30.21%), Net Carbohydrates: 86.88g (31.59%), Sugar: 3.23g (3.59%), Cholesterol: 1.16mg (0.39%), Sodium: 2876.39mg (125.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.82%), Manganese: 1.29mg (64.62%), Vitamin K: 51.76µg (49.3%), Vitamin C: 39.29mg (47.63%), Selenium: 19.56µg (27.95%), Copper: 0.45mg (22.26%), Vitamin B3: 3.87mg (19.36%), Phosphorus: 192.7mg (19.27%), Vitamin B6: 0.37mg (18.47%), Fiber: 3.76g (15.03%), Vitamin B5: 1.41mg (14.09%), Vitamin B2: 0.22mg (12.75%), Folate: 50.44µg (12.61%), Magnesium: 47.34mg (11.83%), Zinc: 1.71mg (11.39%), Potassium: 393.33mg (11.24%), Iron: 1.97mg (10.94%), Vitamin B1: 0.15mg (10.26%), Calcium: 83.1mg (8.31%), Vitamin A: 402.99IU (8.06%), Vitamin E: 1.17mg (7.8%), Vitamin B12: 0.33µg (5.58%)