



Fun Karnal (Beef and Broccoli)

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

READY IN



50 min.

SERVINGS



4

CALORIES



476 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bamboo skewers canned drained sliced
- 1 cup broccoli florets
- 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

- 3 tablespoons soya sauce
- 3 inch thick new york strip steaks cut into 1-inch pieces
- 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



PROTEIN 9.18% **FAT 15.41%** **CARBS 75.41%**

Properties

Glycemic Index:53.05, Glycemic Load:45.17, Inflammation Score:-5, Nutrition Score:16.253478123199%

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: 476.49kcal (23.82%), Fat: 8.09g (12.44%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 89.06g (29.69%), Net Carbohydrates: 86.01g (31.28%), Sugar: 2.51g (2.79%), Cholesterol: 1.16mg (0.39%), Sodium: 2789.17mg (121.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.68%), Manganese: 1.26mg (62.82%), Vitamin K: 49.97µg (47.59%), Vitamin C: 35.62mg (43.17%), Selenium: 18.67µg (26.67%), Copper: 0.39mg (19.6%), Phosphorus: 175.84mg (17.58%), Vitamin B3: 3.5mg (17.48%), Vitamin B6: 0.34mg (17.13%), Fiber: 3.04g (12.17%), Vitamin B2: 0.21mg (12.08%), Vitamin B5: 1.2mg (12.03%), Folate: 45.46µg (11.36%), Magnesium: 42.57mg (10.64%), Zinc: 1.54mg (10.27%), Potassium: 351.05mg (10.03%), Iron: 1.64mg (9.13%), Vitamin B1: 0.13mg (8.5%), Calcium: 77.5mg (7.75%), Vitamin E: 1.05mg (6.99%), Vitamin B12: 0.33µg (5.58%), Vitamin A: 262.28IU (5.25%)