



Ginger-Beef Rice

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

READY IN



25 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef sirloin steak boneless cut into strips
- 2 cups broccoli florets fresh
- 14 oz beef broth canned
- 1 cup carrots shredded
- 2 cups brown rice long-grain cooked
- 2 Tbsp gingerroot chopped
- 2 navel oranges chopped
- 1 Tbsp oil

1 onion sliced

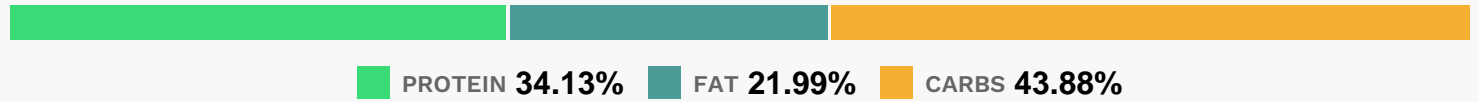
Equipment

frying pan

Directions

- Cook and stir meat in hot oil in large nonstick skillet on high heat 2 min.
- Add onions and ginger; cook and stir 1 min. Stir in broth; bring to boil.
- Stir in all remaining ingredients except oranges; cook until broccoli is crisp-tender and mixture is heated through, stirring occasionally. Stir in oranges.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:33.788261040397%

Flavonoids

Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 366.82kcal (18.34%), Fat: 9.01g (13.87%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 40.48g (13.49%), Net Carbohydrates: 34.57g (12.57%), Sugar: 9.81g (10.9%), Cholesterol: 66.9mg (22.3%), Sodium: 476.84mg (20.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.48g (62.97%), Vitamin A: 5802.83IU (116.06%), Vitamin C: 86.05mg (104.31%), Selenium: 46.51µg (66.44%), Manganese: 1.11mg (55.49%), Vitamin B6: 1.08mg (54.06%), Vitamin B3: 10.56mg (52.8%), Vitamin K: 55.08µg (52.45%), Phosphorus: 399.59mg (39.96%), Zinc: 5.53mg (36.85%), Potassium: 917.39mg (26.21%), Magnesium: 95.34mg (23.84%), Fiber: 5.91g (23.65%), Folate: 84.78µg (21.2%), Vitamin B1: 0.3mg (19.68%), Vitamin B12: 1.14µg (18.92%), Vitamin B2: 0.3mg (17.49%), Iron: 3mg (16.68%), Vitamin B5: 1.61mg (16.11%), Copper: 0.27mg (13.37%), Vitamin E: 1.64mg (10.97%), Calcium: 109.58mg (10.96%)