



## Hot and Tangy Broccoli Beef

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

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 pound fat-trimmed beef flank steak boneless
- 1 pound broccoli fresh trimmed
- 4 teaspoons cornstarch
- 0.5 teaspoon pepper red crushed
- 1 large clove garlic minced
- 1 medium onion thinly sliced
- 2 teaspoons seasoned rice vinegar
- 3 tablespoons soya sauce divided

- 0.5 teaspoon sugar
- 3 tablespoons vegetable oil divided

## Equipment

- bowl
- frying pan
- wok

## Directions

- Cut beef across grain into thin slices.
- Combine 1 Tbsp. each cornstarch and soy sauce with garlic and sugar in medium bowl; stir in beef.
- Let stand 10 minutes.
- Meanwhile, remove flowerets from broccoli; cut into bite-size pieces. Peel stalks; cut diagonally into thin slices.
- Combine 1 cup water, remaining 2 Tbsp. soy sauce, 4 teaspoons cornstarch and crushed red pepper in small bowl. Set aside.
- Heat 1 Tbsp. oil in hot wok or large skillet over high heat.
- Add beef and stir-fry 1 minute; remove.
- Heat remaining 2 Tbsp. oil in same pan.
- Add broccoli and onion; stir-fry 2 minutes.
- Sprinkle 1 Tbsp. water over vegetables; cover and cook 2 minutes, stirring occasionally.
- Add beef and soy sauce mixture; cook and stir until sauce boils and thickens.
- Remove from heat; stir in vinegar.

## Nutrition Facts

  
**PROTEIN 25.48%** **FAT 58.91%** **CARBS 15.61%**

## Properties

Glycemic Index:56.02, Glycemic Load:2.55, Inflammation Score:-8, Nutrition Score:24.15913058623%

## Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

## Nutrients (% of daily need)

Calories: 336.54kcal (16.83%), Fat: 22.73g (34.97%), Saturated Fat: 7.05g (44.09%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 9.9g (3.6%), Sugar: 3.85g (4.28%), Cholesterol: 51.88mg (17.29%), Sodium: 841.32mg (36.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.12g (44.23%), Vitamin K: 136.09µg (129.61%), Vitamin C: 103.42mg (125.36%), Selenium: 24.06µg (34.37%), Zinc: 4.95mg (33.02%), Vitamin B6: 0.61mg (30.62%), Vitamin B3: 5.49mg (27.44%), Vitamin B12: 1.41µg (23.53%), Phosphorus: 225.1mg (22.51%), Vitamin B2: 0.37mg (21.6%), Folate: 81.74µg (20.43%), Potassium: 663.04mg (18.94%), Manganese: 0.36mg (18.01%), Vitamin A: 793.97IU (15.88%), Iron: 2.74mg (15.21%), Fiber: 3.64g (14.58%), Magnesium: 50.47mg (12.62%), Vitamin E: 1.82mg (12.14%), Vitamin B1: 0.18mg (11.87%), Copper: 0.16mg (7.84%), Vitamin B5: 0.74mg (7.41%), Calcium: 70.65mg (7.07%)