



 **100%**
HEALTH SCORE

Mandarin Beef

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.5 ounce beef consomme divided canned
- 0.8 pound beef flank steak lean
- 16 ounce broccoli florets fresh ()
- 2 tablespoons cornstarch
- 2 teaspoons ginger fresh grated
- 1 teaspoon ginger/garlic paste
- 3 green onions sliced
- 11 ounce mandarin oranges in syrup light undrained canned

- 7 ounce quick-cooking boil-in-bag rice

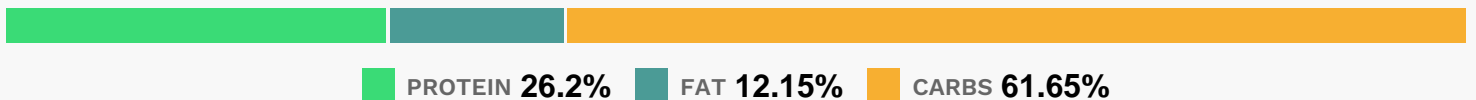
Equipment

- frying pan
- wok

Directions

- Cook rice according to package directions, omitting salt and fat.
- Cut steak diagonally across grain into 1/8-inch-thick slices. Coat a large skillet or wok with cooking spray; heat over medium-high heat until hot.
- Add steak and ginger; cook 3 minutes or until steak is done.
- Remove steak from skillet; set aside, and keep warm.
- Place broccoli in skillet; add 1/4 cup beef consommé. Bring to a boil; cover, reduce heat, and cook 2 to 3 minutes or until broccoli is crisp/tender.
- Drain oranges, reserving liquid. Set oranges aside.
- Combine reserved orange liquid, remaining beef consommé, garlic paste, and cornstarch, stirring well.
- Pour over broccoli; stir in onions and steak. Cook over medium heat, stirring constantly, until slightly thickened. Gently stir in oranges.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:5.51, Inflammation Score:-9, Nutrition Score:33.629565321881%

Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 9.02mg, Kaempferol: 9.02mg, Kaempferol: 9.02mg, Kaempferol: 9.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg,

Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 410.91kcal (20.55%), Fat: 5.58g (8.58%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 63.67g (21.22%), Net Carbohydrates: 58.06g (21.11%), Sugar: 10.46g (11.62%), Cholesterol: 51.03mg (17.01%), Sodium: 367.99mg (16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.11%), Vitamin C: 124.1mg (150.42%), Vitamin K: 135.39µg (128.94%), Selenium: 47.33µg (67.61%), Folate: 238.8µg (59.7%), Vitamin B3: 10.43mg (52.16%), Vitamin B1: 0.66mg (43.7%), Vitamin B6: 0.86mg (43.22%), Manganese: 0.81mg (40.69%), Phosphorus: 336.55mg (33.66%), Iron: 5.69mg (31.59%), Zinc: 4.54mg (30.28%), Vitamin A: 1327.23IU (26.54%), Potassium: 865.47mg (24.73%), Fiber: 5.61g (22.44%), Vitamin B2: 0.3mg (17.47%), Vitamin B5: 1.6mg (15.99%), Magnesium: 62.98mg (15.74%), Vitamin B12: 0.83µg (13.77%), Copper: 0.25mg (12.68%), Calcium: 124.37mg (12.44%), Vitamin E: 1.36mg (9.07%)