



HEALTH SCORE

93%

Mandarin Beef Stir-Fry



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup beef broth
- ☐ 3 tablespoons spicy brown bean sauce (such as House of Tsang)
- ☐ 5 cups broccoli florets
- ☐ 11 ounce mandarin orange segments canned
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 pound flank steak trimmed cut in half lengthwise
- ☐ 2 teaspoons ginger fresh minced peeled

☐ 3 tablespoons water

Equipment

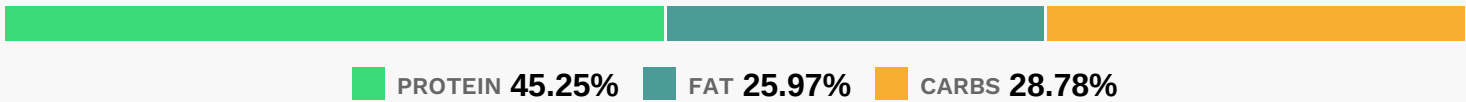
☐ frying pan

☐ whisk

Directions

- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add half of meat, and stir-fry 2 minutes; remove meat from pan, and keep warm. Repeat procedure with remaining meat.
- ☐ Add broccoli to pan; sprinkle with water. Cover and cook 3 minutes or until crisp-tender.
- ☐ Combine broth and next 4 ingredients, stirring well with a whisk.
- ☐ Drain oranges, reserving 1/4 cup liquid; stir liquid into broth mixture.
- ☐ Add meat and broth mixture to broccoli; cook, stirring constantly, until thick. Gently stir in oranges.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:28.060869714488%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 258.32kcal (12.92%), Fat: 7.55g (11.61%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 14.25g (5.18%), Sugar: 9.65g (10.72%), Cholesterol: 68.04mg (22.68%), Sodium: 270.14mg (11.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.58g (59.16%), Vitamin C: 127.94mg (155.08%), Vitamin K: 117.52µg (111.93%), Selenium: 36.99µg (52.84%), Vitamin B6: 0.92mg (46.24%), Vitamin B3: 8.49mg (42.47%), Zinc: 5.23mg (34.86%), Vitamin A: 1731.51IU (34.63%), Phosphorus: 319.16mg (31.92%), Potassium: 880.67mg (25.16%),

Folate: 91.31µg (22.83%), Fiber: 4.56g (18.26%), Vitamin B12: 1.06µg (17.72%), Vitamin B2: 0.3mg (17.5%), Iron: 3.11mg (17.26%), Vitamin B1: 0.23mg (15.48%), Magnesium: 58.91mg (14.73%), Vitamin B5: 1.38mg (13.77%), Manganese: 0.26mg (12.96%), Vitamin E: 1.35mg (9%), Calcium: 89.87mg (8.99%), Copper: 0.18mg (8.78%)