



Orange Beef and Broccoli

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

READY IN



14 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce broccoli florets refrigerated
- 2 tablespoons cornstarch
- 1 pound flank steak trimmed cut into thin slices
- 0.3 cup less-sodium beef broth fat-free
- 2 tablespoons soy sauce low-sodium
- 0.3 cup orange marmalade
- 0.3 teaspoon salt

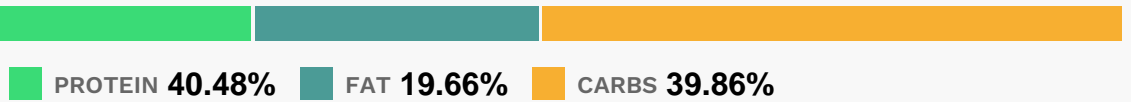
Equipment

- bowl
- frying pan
- whisk
- microwave

Directions

- Microwave broccoli according to package directions.
- While broccoli cooks, combine broth and next 3 ingredients in a small bowl, stirring with a whisk; set aside.
- Place cornstarch in a shallow dish. Dredge steak in cornstarch.
- Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray.
- Add steak; saut 5 minutes or until browned on all sides.
- Add broth mixture; cook 1 minute or until thick. Stir in broccoli.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.1, Inflammation Score:-7, Nutrition Score:23.769565520079%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 270.92kcal (13.55%), Fat: 6.01g (9.25%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 24.94g (9.07%), Sugar: 17.49g (19.43%), Cholesterol: 68.04mg (22.68%), Sodium: 573.47mg (24.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.7%), Vitamin C: 77.14mg (93.51%), Vitamin K: 88.11µg (83.91%), Selenium: 35.89µg (51.27%), Vitamin B6: 0.85mg (42.64%), Vitamin B3: 7.71mg (38.55%), Zinc: 4.77mg (31.79%), Phosphorus: 300.06mg (30.01%), Potassium: 733.62mg (20.96%), Folate: 74.24µg (18.56%), Vitamin B12: 1.03µg (17.2%), Vitamin B2: 0.26mg (15.05%), Iron: 2.54mg (14.08%), Vitamin B5: 1.23mg (12.31%), Magnesium: 48.98mg (12.25%), Manganese: 0.23mg (11.64%), Vitamin A: 546.39IU (10.93%), Fiber: 2.49g (9.96%),

Vitamin B1: 0.15mg (9.77%), Copper: 0.15mg (7.72%), Calcium: 76.49mg (7.65%), Vitamin E: 1.04mg (6.94%)