



## Orange Beef and Broccoli Stir-Fry

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups broccoli florets
- 0.3 cup cashew pieces
- 8 ounces fettuccine barilla
- 1 tablespoon hoisin sauce
- 2 tablespoons soy sauce low-sodium
- 1 small onion sliced
- 2 tablespoons orange juice
- 1 tablespoon orange zest grated

- 1 bell pepper red thinly sliced
- 0.5 teaspoon pepper red
- 0.8 pound sirloin steak trimmed
- 2 tablespoons vegetable oil

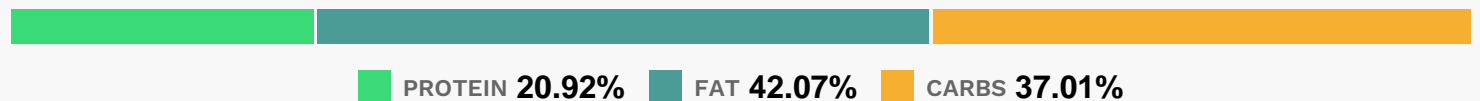
## Equipment

- frying pan

## Directions

- Slice steak into 1 1/2-inch pieces. Toss with orange peel; set aside.
- Heat 1 tablespoon of oil in a large skillet over medium-high heat.
- Add pepper flakes, onion, and bell pepper. Stir-fry until vegetables wilt.
- Add broccoli and 3 tablespoons water; cover and steam 1 to 2 minutes until broccoli is cooked tender-crisp.
- Remove from skillet. Cook fettuccine according to package directions. Stir together orange juice and soy and hoisin sauces.
- Add remaining oil to skillet and return to medium-high heat.
- Add the steak and cashews; stir-fry 2 to 3 minutes. Return vegetables to skillet with sauce mixture and heat through. Season with salt and freshly ground pepper.
- Drain noodles; top with stir-fry.

## Nutrition Facts



## Properties

Glycemic Index:53.05, Glycemic Load:19.46, Inflammation Score:-9, Nutrition Score:30.689130342525%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 3.69mg, Kaempferol: 3.69mg,

Kaempferol: 3.69mg, Kaempferol: 3.69mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

## Nutrients (% of daily need)

Calories: 575.64kcal (28.78%), Fat: 27.13g (41.73%), Saturated Fat: 7.77g (48.53%), Carbohydrates: 53.7g (17.9%), Net Carbohydrates: 48.94g (17.8%), Sugar: 6.33g (7.03%), Cholesterol: 95.37mg (31.79%), Sodium: 433.06mg (18.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.7%), Vitamin C: 86.32mg (104.63%), Selenium: 62.29µg (88.99%), Vitamin K: 64.68µg (61.6%), Manganese: 0.87mg (43.74%), Vitamin B12: 2.53µg (42.15%), Phosphorus: 408.53mg (40.85%), Vitamin B6: 0.7mg (35.21%), Zinc: 4.89mg (32.57%), Vitamin A: 1348.11IU (26.96%), Copper: 0.52mg (26.12%), Magnesium: 104.28mg (26.07%), Vitamin B3: 5.21mg (26.04%), Iron: 4.22mg (23.46%), Potassium: 762.17mg (21.78%), Vitamin B1: 0.3mg (19.78%), Folate: 77.42µg (19.35%), Vitamin B2: 0.33mg (19.28%), Fiber: 4.76g (19.05%), Vitamin B5: 1.3mg (13.04%), Vitamin E: 1.84mg (12.25%), Calcium: 64.27mg (6.43%), Vitamin D: 0.17µg (1.13%)