



## Slow-Cooker Easy Beef and Broccoli

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

READY IN



640 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup beef broth (from)
- 2 cups broccoli florets frozen (from 1-pound bag)
- 1 tablespoon cornstarch
- 1 teaspoon sesame oil dark
- 4.5 ounces mushrooms drained sliced
- 1 medium onion cut into wedges
- 0.7 cup rice long-grain uncooked
- 1 tablespoon sesame seed

- 3 tablespoons teriyaki sauce (from 12-ounce bottle)
- 1 pound top round boneless trimmed of fat cut into 1-inch cubes
- 1.3 cups water
- 2 tablespoons water

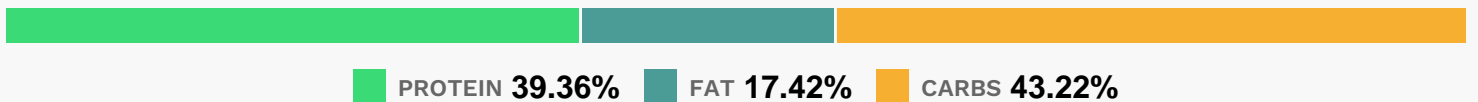
## Equipment

- bowl
- slow cooker

## Directions

- Mix beef, mushrooms, onion, broth, teriyaki baste and glaze, sesame seed and sesame oil in 3 1/2- to 4-quart slow cooker.
- Cover and cook on low heat setting 8 to 10 hours.
- About 35 minutes before serving, cook rice in 1 1/3 cups water as directed on package. Meanwhile, mix 2 tablespoons water and the cornstarch in small bowl. Stir cornstarch mixture and broccoli into beef mixture. Cover and cook on low heat setting 30 minutes or until broccoli is crisp-tender.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:46.8, Glycemic Load:16.31, Inflammation Score:-7, Nutrition Score:25.349565202775%

## Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

## Nutrients (% of daily need)

Calories: 334.35kcal (16.72%), Fat: 6.39g (9.83%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 33.06g (12.02%), Sugar: 4.52g (5.02%), Cholesterol: 69.17mg (23.06%), Sodium: 725.19mg (31.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.5g (65%), Selenium: 46.17µg (65.96%), Vitamin C: 43.29mg (52.47%), Vitamin B3: 10.26mg (51.32%), Vitamin B6: 1mg (49.93%), Vitamin K: 48.05µg (45.76%), Zinc: 6.1mg (40.64%), Phosphorus: 392.43mg (39.24%), Manganese: 0.55mg (27.53%), Vitamin B12: 1.56µg (26.08%), Vitamin B2: 0.39mg (23.02%), Potassium: 799.78mg (22.85%), Copper: 0.43mg (21.68%), Iron: 3.61mg (20.06%), Vitamin B5: 1.89mg (18.89%), Magnesium: 68.01mg (17%), Folate: 61.27µg (15.32%), Vitamin B1: 0.22mg (14.7%), Fiber: 2.64g (10.55%), Calcium: 89.55mg (8.96%), Vitamin A: 284.2IU (5.68%), Vitamin E: 0.75mg (4.97%)