



 **75%**
HEALTH SCORE

Slow-Cooker Teriyaki Beef and Vegetables

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

READY IN



400 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb round steak trimmed of fat cut into thin bite-size strips
- 2 tablespoons cornstarch
- 0.3 cup soya sauce
- 0.3 cup apple juice dry
- 2 tablespoons brown sugar packed
- 1 teaspoon ground ginger
- 1 clove garlic finely chopped
- 8 oz water chestnuts drained sliced canned

- 0.3 cup water
- 1 lb broccoli frozen thawed
- 1.5 cups rice long-grain white uncooked
- 3 cups water

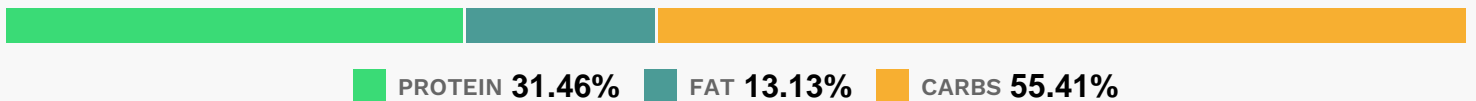
Equipment

- bowl
- slow cooker

Directions

- In 4- to 5-quart slow cooker, mix steak and 1 tablespoon of the cornstarch until evenly coated. Gently stir in soy sauce, sherry, brown sugar, ginger and garlic. Top with water chestnuts.
- Cover; cook on Low heat setting about 6 hours.
- About 30 minutes before serving, in small bowl, blend 1/4 cup water and remaining 1 tablespoon cornstarch until smooth. Stir into beef mixture. Stir in thawed vegetables.
- Increase heat setting to High; cover and cook 25 to 30 minutes longer or until vegetables are crisp-tender. Meanwhile, cook rice in 3 cups water as directed on package.
- Serve beef mixture over rice.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:23.82, Inflammation Score:-7, Nutrition Score:29.309565492298%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 420.53kcal (21.03%), Fat: 6.08g (9.35%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 57.72g (19.24%), Net Carbohydrates: 53.5g (19.46%), Sugar: 7.85g (8.72%), Cholesterol: 71.44mg (23.81%), Sodium: 644.77mg (28.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.78g (65.56%), Vitamin C: 68.44mg (82.96%), Vitamin K: 78.64µg (74.9%), Selenium: 42.19µg (60.27%), Vitamin B6: 1.09mg (54.41%), Vitamin B3: 9.69mg (48.45%), Manganese: 0.92mg (45.9%), Zinc: 5.98mg (39.86%), Phosphorus: 381.29mg (38.13%), Vitamin B12: 2.14µg (35.72%), Iron: 4.2mg (23.32%), Potassium: 803.53mg (22.96%), Vitamin B2: 0.33mg (19.29%), Vitamin B5: 1.8mg (18.02%), Folate: 71.31µg (17.83%), Copper: 0.35mg (17.67%), Fiber: 4.22g (16.88%), Magnesium: 65.75mg (16.44%), Vitamin B1: 0.21mg (13.95%), Vitamin A: 471.23IU (9.42%), Vitamin E: 1.28mg (8.51%), Calcium: 84.69mg (8.47%)