



## Stir-Fried Beef and Broccoli

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

READY IN



45 min.

SERVINGS



2

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup beef broth
- 1 pound broccoli peeled cut into flowerets and the stems and cut into 1/2-inch-thick
- 1 tablespoon cornstarch
- 1 tablespoon sherry
- 1 tablespoon ginger fresh minced peeled
- 1 tablespoon garlic minced
- 2 teaspoons sesame oil
- 4 inch pepper dried fresh red hot minced seeded (wear rubber gloves)

- 2 servings rice cooked
- 0.3 teaspoon salt
- 0.8 pound rump steak boneless
- 1 tablespoon soya sauce
- 1 teaspoon sugar
- 3 tablespoons vegetable oil

## Equipment

- bowl
- frying pan
- wok
- slotted spoon

## Directions

- In a small bowl stir together the soy sauce, the sugar, and the salt, add the beef, and let it marinate for 20 minutes.
- In a small bowl dissolve the cornstarch in the soy sauce and stir in the Sherry, the broth, the sugar, and the sesame oil.
- Heat a wok or large heavy skillet over high heat until it is hot, add 2 tablespoons of the vegetable oil, and heat it until it just begins to smoke. Stir-fry the beef in the oil in batches for 1 minute, or until it is no longer pink, and transfer it as it is cooked with a slotted spoon to a plate.
- Add the remaining 1 tablespoon vegetable oil to the wok, heat it until it is hot but not smoking, and in the oil stir-fry the gingerroot, the garlic, and the chili for 30 seconds, or until the mixture is fragrant.
- Add the broccoli and stir-fry the mixture for 1 minute.
- Add 1/3 cup water and steam the broccoli, covered, for 1 1/2 to 2 minutes, or until it is crisp-tender. Stir the sauce, add it to the wok with the beef and any juices that have accumulated on the plate, and cook the mixture, stirring, for 2 minutes, or until the sauce is thickened and the beef is heated through.
- Transfer the mixture to a heated platter and serve it with the rice.

# Nutrition Facts

PROTEIN 31.41% FAT 51.8% CARBS 16.79%

## Properties

Glycemic Index:119.14, Glycemic Load:5.36, Inflammation Score:-9, Nutrition Score:39.620869258176%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Kaempferol: 17.79mg, Kaempferol: 17.79mg, Kaempferol: 17.79mg, Kaempferol: 17.79mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

## Nutrients (% of daily need)

Calories: 572kcal (28.6%), Fat: 33.26g (51.17%), Saturated Fat: 6.9g (43.1%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 18.01g (6.55%), Sugar: 6.19g (6.88%), Cholesterol: 103.76mg (34.59%), Sodium: 1082.04mg (47.05%), Alcohol: 0.77g (100%), Alcohol %: 0.2% (100%), Protein: 45.38g (90.77%), Vitamin K: 271.92µg (258.97%), Vitamin C: 203.73mg (246.94%), Vitamin B6: 1.5mg (75.25%), Vitamin B3: 14.76mg (73.81%), Selenium: 50.24µg (71.78%), Zinc: 8.1mg (54%), Phosphorus: 524.91mg (52.49%), Folate: 167.93µg (41.98%), Potassium: 1374.85mg (39.28%), Vitamin B12: 2.05µg (34.09%), Manganese: 0.65mg (32.44%), Vitamin A: 1472.6IU (29.45%), Vitamin B2: 0.48mg (28.05%), Vitamin E: 4.14mg (27.63%), Iron: 4.87mg (27.06%), Fiber: 6.24g (24.97%), Vitamin B5: 2.49mg (24.95%), Magnesium: 94.88mg (23.72%), Vitamin B1: 0.28mg (18.74%), Calcium: 167.52mg (16.75%), Copper: 0.27mg (13.71%), Vitamin D: 0.17µg (1.13%)