



HEALTH SCORE

58%

Stir-fried beef with cashews and broccoli



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp soya sauce
- ☐ 3 tbsp cooking sherry
- ☐ 1 tsp sugar
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 1 onion red thinly sliced
- ☐ 300 g fat-trimmed beef flank steak cut into thin strips
- ☐ 300 g broccoli florets
- ☐ 25 g roasted cashews

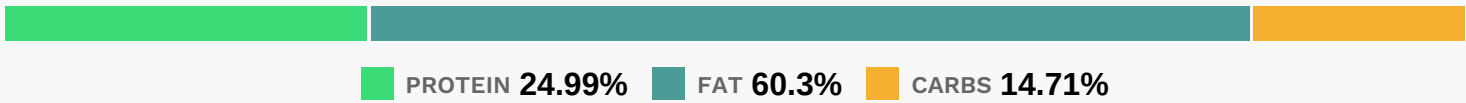
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix the soy sauce, sherry, sugar and 2 tbsp water in a small bowl.
- ☐ Heat the oil in a large frying pan or wok, add the onion and beef, then stir-fry quickly until the beef is lightly browned. Tip out onto a plate.
- ☐ Add the broccoli and cashews to the pan, stir-fry for 1 min, then add the soy mixture. Bring to the boil, then cover and simmer for 5 mins until the broccoli is just tender.
- ☐ Tip the beef and onion back into the pan and heat through briefly before serving with noodles or rice.

Nutrition Facts



Properties

Glycemic Index:79.55, Glycemic Load:4.76, Inflammation Score:-9, Nutrition Score:36.566521934841%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 12.12mg, Kaempferol: 12.12mg, Kaempferol: 12.12mg, Kaempferol: 12.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.06mg, Quercetin: 16.06mg, Quercetin: 16.06mg, Quercetin: 16.06mg

Nutrients (% of daily need)

Calories: 617.84kcal (30.89%), Fat: 41.64g (64.07%), Saturated Fat: 12.16g (75.98%), Carbohydrates: 22.86g (7.62%), Net Carbohydrates: 17.51g (6.37%), Sugar: 8.13g (9.03%), Cholesterol: 91.5mg (30.5%), Sodium: 1138.33mg (49.49%), Alcohol: 2.32g (100%), Alcohol %: 0.69% (100%), Protein: 38.83g (77.67%), Vitamin C: 137.87mg (167.12%), Vitamin K:

160.65µg (153%), Zinc: 9.21mg (61.39%), Selenium: 42.27µg (60.38%), Vitamin B6: 1.01mg (50.31%), Vitamin E: 7.05mg (46.98%), Vitamin B3: 9.28mg (46.38%), Phosphorus: 419.65mg (41.97%), Vitamin B12: 2.49µg (41.5%), Vitamin B2: 0.61mg (35.59%), Potassium: 1081.1mg (30.89%), Folate: 121.54µg (30.39%), Manganese: 0.61mg (30.27%), Iron: 5.03mg (27.95%), Magnesium: 110.45mg (27.61%), Copper: 0.51mg (25.74%), Fiber: 5.35g (21.42%), Vitamin B1: 0.3mg (20.04%), Vitamin A: 958.1IU (19.16%), Vitamin B5: 1.16mg (11.57%), Calcium: 104.92mg (10.49%)