



Stir-Fry Beef and Broccoli



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb flank steak cut into thin slices
- ☐ 2 tablespoons soya sauce
- ☐ 3 cloves garlic finely chopped
- ☐ 1 tablespoon ginger grated
- ☐ 0.3 cup hoisin sauce
- ☐ 0.3 cup water
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 teaspoon pepper red crushed

- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups broccoli florets fresh
- ☐ 1.5 cups baby carrots cut lengthwise into julienne (2x1/4x1/4-inch) strips
- ☐ 2 tablespoons water
- ☐ 0.5 cup cashew pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon
- ☐ wok

Directions

- ☐ In medium bowl, mix beef, soy sauce, garlic and gingerroot; set aside. In small bowl, mix sauce ingredients with wire whisk until well blended; set aside.
- ☐ In wok or 12-inch skillet, heat 1 tablespoon of the oil over high heat about 1 minute.
- ☐ Add beef mixture, breaking up clumps of beef with wooden spoon; cook 1 minute without stirring. Stir-fry 1 to 2 minutes or until beef is browned around edges.
- ☐ Transfer beef mixture to clean bowl.
- ☐ To empty wok, add remaining 1 tablespoon oil; heat over high heat about 1 minute.
- ☐ Add broccoli and carrots; cook 2 minutes, stirring frequently.
- ☐ Add 2 tablespoons water; cover and cook 2 to 4 minutes, stirring occasionally, until broccoli and carrots are crisp-tender.
- ☐ Return beef mixture to wok.
- ☐ Mix sauce mixture again with wire whisk to recombine; pour into wok. Stir to coat mixture with sauce. Cook 1 to 2 minutes, stirring occasionally, until sauce is thickened.
- ☐ Sprinkle each serving with cashews.

Nutrition Facts



 PROTEIN **32.92%**  FAT **44.32%**  CARBS **22.76%**

Properties

Glycemic Index:29.3, Glycemic Load:2, Inflammation Score:-10, Nutrition Score:32.440000119417%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 444.64kcal (22.23%), Fat: 22.04g (33.9%), Saturated Fat: 5.44g (33.99%), Carbohydrates: 25.46g (8.49%), Net Carbohydrates: 21.45g (7.8%), Sugar: 10.49g (11.66%), Cholesterol: 85.74mg (28.58%), Sodium: 1009.76mg (43.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.82g (73.65%), Vitamin A: 6978.37IU (139.57%), Selenium: 47.52µg (67.88%), Vitamin K: 71.05µg (67.66%), Vitamin B6: 1.12mg (56.15%), Vitamin C: 42.8mg (51.88%), Vitamin B3: 10.24mg (51.19%), Zinc: 6.79mg (45.25%), Phosphorus: 450.88mg (45.09%), Manganese: 0.6mg (30.03%), Copper: 0.59mg (29.39%), Potassium: 914.9mg (26.14%), Magnesium: 103.74mg (25.94%), Iron: 4.57mg (25.38%), Vitamin B12: 1.29µg (21.5%), Vitamin B2: 0.31mg (18.34%), Folate: 71.3µg (17.83%), Fiber: 4.01g (16.03%), Vitamin B5: 1.55mg (15.54%), Vitamin B1: 0.23mg (15.25%), Vitamin E: 1.63mg (10.89%), Calcium: 87.65mg (8.76%)