



HEALTH SCORE

54%

10-minute steak & noodle supper



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



924 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g rump steak
- ☐ 200 g bok choy
- ☐ 1 bell pepper red seeded
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 100 g sauce (choose your favourite flavour)
- ☐ 300 g extra wide egg noodles

Equipment

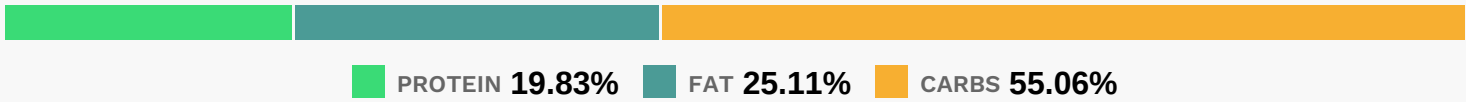
- ☐ frying pan

☐ wok

Directions

- ☐ Trim any visible fat from the steak, then slice into thin strips.
- ☐ Cut each head of pak choi lengthways into four. Dice the pepper into small squares.
- ☐ Heat the oil in a pan or wok.
- ☐ Add the pepper and fry for 1 minute.
- ☐ Add the beef and fry until browned all over. Tip in the pak choi and cook briefly until it starts to wilt.
- ☐ Stir in the sauce and 2 tablespoons of water, bring to the boil, then stir in the noodles and warm through, loosening them until they are completely coated in sauce.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:45.61, Inflammation Score:-10, Nutrition Score:44.316521686056%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 924.23kcal (46.21%), Fat: 25.71g (39.55%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 126.82g (42.27%), Net Carbohydrates: 119.62g (43.5%), Sugar: 18.05g (20.05%), Cholesterol: 187mg (62.33%), Sodium: 755.88mg (32.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.69g (91.38%), Selenium: 144.26µg (206.08%), Vitamin C: 121.16mg (146.86%), Vitamin A: 6423.94IU (128.48%), Manganese: 1.52mg (76.11%), Vitamin B6: 1.29mg (64.61%), Phosphorus: 618.97mg (61.9%), Vitamin B3: 11.65mg (58.26%), Vitamin E: 7.67mg (51.11%), Zinc: 7.36mg (49.06%), Vitamin K: 51.22µg (48.78%), Folate: 149.87µg (37.47%), Magnesium: 136.14mg (34.03%), Potassium: 1085.54mg (31.02%), Iron: 5.54mg (30.75%), Fiber: 7.2g (28.8%), Copper: 0.55mg (27.48%), Vitamin B12: 1.63µg (27.08%), Vitamin B1: 0.39mg (25.88%), Vitamin B5: 2.3mg (22.97%), Vitamin B2: 0.36mg (21.33%), Calcium: 189.66mg (18.97%), Vitamin D: 0.55µg (3.67%)