



Asian Beef and Noodle Soup

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces vermicelli uncooked
- 1 tablespoon sesame oil dark
- 1.5 pounds beef top sirloin steaks boneless cut into bite-size strips
- 2 teaspoons garlic finely chopped
- 7 ounces mushroom caps fresh sliced
- 6 cups beef broth flavored (from two 32-ounce cartons)
- 2 cups bok choy finely sliced
- 1 cup bacon (matchstick-size)

- 0.5 teaspoon salt
- 0.5 teaspoon ground ginger
- 0.1 teaspoon pepper
- 2 tablespoons spring onion chopped

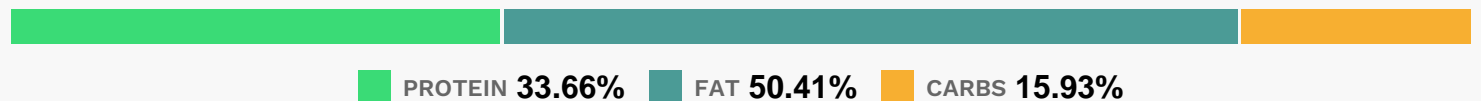
Equipment

- bowl
- dutch oven

Directions

- Soak bundle of cellophane noodles in warm water in medium bowl 10 to 15 minutes or until softened; drain.
- Cut noodle bundle into thirds. Cover and set aside.
- Heat oil in 5- to 6-quart Dutch oven over medium-high heat. Cook beef, garlic and mushrooms in oil 5 to 6 minutes, stirring occasionally, just until beef is no longer pink.
- Stir in remaining ingredients except noodles and onions.
- Heat to boiling; reduce heat to medium-low. Cover and cook 14 to 15 minutes, stirring occasionally, until beef is tender.
- Stir in noodles. Cover and cook 2 to 3 minutes or until noodles are hot.
- Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:20.858260906261%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 412.7kcal (20.63%), Fat: 22.76g (35.02%), Saturated Fat: 7.34g (45.85%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 14.94g (5.43%), Sugar: 1.13g (1.25%), Cholesterol: 92.93mg (30.98%), Sodium: 1431.23mg (62.23%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 34.2g (68.4%), Selenium: 47.9µg (68.43%), Vitamin B3: 12.26mg (61.27%), Vitamin B6: 1.01mg (50.25%), Phosphorus: 380.08mg (38.01%), Zinc: 5.47mg (36.47%), Vitamin B12: 1.43µg (23.85%), Potassium: 785.59mg (22.45%), Vitamin A: 1077.43IU (21.55%), Vitamin B2: 0.31mg (18.21%), Iron: 3.11mg (17.28%), Vitamin B1: 0.24mg (15.83%), Vitamin K: 16.41µg (15.63%), Vitamin B5: 1.55mg (15.48%), Vitamin C: 11.19mg (13.56%), Manganese: 0.25mg (12.47%), Magnesium: 48.17mg (12.04%), Folate: 40.86µg (10.22%), Copper: 0.17mg (8.67%), Calcium: 73.77mg (7.38%), Fiber: 1.24g (4.95%), Vitamin E: 0.57mg (3.81%), Vitamin D: 0.29µg (1.93%)