



Asian Beef Noodle Bowls

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz angel hair pasta uncooked (capellini)
- ☐ 8 oz sugar snap peas fresh
- ☐ 5 teaspoons vegetable oil
- ☐ 1 lb beef top sirloin steaks boneless cut into 1/4-inch strips
- ☐ 0.5 cup carrots thinly sliced
- ☐ 0.5 cup teriyaki sauce (from 12-oz bottle)
- ☐ 4 medium spring onion with tops, sliced (1/4 cup)
- ☐ 0.5 cup roasted peanuts chopped

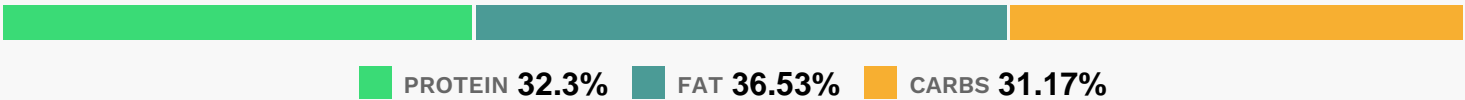
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta as directed on package. Meanwhile, snip off stem ends of sugar snap peas and remove strings if desired.
- ☐ Drain pasta; cover to keep warm.
- ☐ In 12-inch nonstick skillet, heat 3 teaspoons of the oil over medium-high heat. Stir-fry beef in oil about 2 to 3 minutes, until no longer pink.
- ☐ Remove from skillet; keep warm.
- ☐ In same skillet, heat remaining 2 teaspoons oil over medium-high heat. Stir-fry peas and carrot in oil about 3 to 4 minutes, until crisp-tender. Stir in pasta, beef and teriyaki baste and glaze; toss until well blended.
- ☐ Serve in bowls; sprinkle with onions and peanuts.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:9.25, Inflammation Score:-10, Nutrition Score:30.811739299608%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 471.8kcal (23.59%), Fat: 19.2g (29.55%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 32g (11.64%), Sugar: 9.21g (10.23%), Cholesterol: 66.9mg (22.3%), Sodium: 1538.73mg (66.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.21g (76.42%), Selenium: 55.11µg (78.73%), Vitamin A: 3438.83IU (68.78%), Vitamin B3: 11.58mg (57.88%), Vitamin K: 58.96µg (56.15%), Vitamin B6: 0.96mg (47.85%), Phosphorus: 460.12mg (46.01%), Vitamin C: 37.78mg (45.8%), Manganese: 0.89mg (44.37%), Zinc: 5.59mg

(37.24%), Magnesium: 112.25mg (28.06%), Iron: 4.67mg (25.96%), Potassium: 896.67mg (25.62%), Folate: 82.17µg (20.54%), Fiber: 4.88g (19.52%), Copper: 0.39mg (19.52%), Vitamin B1: 0.28mg (18.87%), Vitamin B12: 1.07µg (17.77%), Vitamin B5: 1.67mg (16.7%), Vitamin B2: 0.26mg (15.32%), Calcium: 98.61mg (9.86%), Vitamin E: 1.22mg (8.12%)