



Asian Beef Noodle Salad

 Dairy Free

READY IN



40 min.

SERVINGS



7

CALORIES



243 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups carrots shredded
- ☐ 1 cup green onions sliced
- ☐ 1 pound ground beef
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lemon
- ☐ 4 cups napa cabbage shredded
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup seashell pasta

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 tablespoons soya sauce

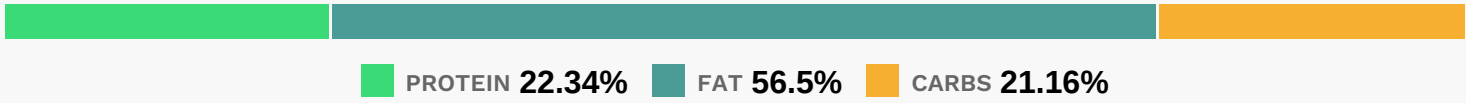
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Bring a pot of lightly salted water to a boil. Cook shell pasta in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
- ☐ Drain.
- ☐ Mix ground beef, Napa cabbage, carrots, and green onions in a large salad bowl; stir in cooked shell pasta.
- ☐ Whisk soy sauce, red wine vinegar, honey, lemon juice, olive oil, and red pepper flakes together in a small bowl; drizzle over salad and stir thoroughly to coat.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:4.63, Inflammation Score:-10, Nutrition Score:16.934347678786%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg

Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 242.78kcal (12.14%), Fat: 15.27g (23.49%), Saturated Fat: 5.3g (33.14%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 10.9g (3.96%), Sugar: 5.03g (5.59%), Cholesterol: 46.01mg (15.34%), Sodium: 359.07mg (15.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.16%), Vitamin A: 4905.23IU (98.1%), Vitamin K: 54.35µg (51.76%), Vitamin B12: 1.39µg (23.11%), Vitamin C: 16.9mg (20.48%), Zinc: 3.06mg (20.39%), Selenium: 14.25µg (20.36%), Vitamin B6: 0.38mg (19.04%), Vitamin B3: 3.59mg (17.96%), Phosphorus: 149.76mg (14.98%), Folate: 55.81µg (13.95%), Potassium: 439mg (12.54%), Manganese: 0.24mg (12.14%), Iron: 1.96mg (10.89%), Vitamin B2: 0.16mg (9.38%), Fiber: 1.97g (7.88%), Magnesium: 28.85mg (7.21%), Calcium: 67.88mg (6.79%), Vitamin E: 0.93mg (6.2%), Copper: 0.11mg (5.41%), Vitamin B1: 0.08mg (5.39%), Vitamin B5: 0.51mg (5.1%)