



Asian Noodle Beef Bake

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound beef sirloin steak boneless thin
- 3 ounce beef-flavored ramen soup mix
- 8 ounce water chestnuts drained sliced canned
- 1 tablespoon flour all-purpose
- 1 bunch green onions cut into 1-inch pieces
- 1 small bell pepper red cut into thin strips
- 0.3 cup ginger-flavored soy sauce
- 1 large oven bag

0.8 cup water

Equipment

oven

baking pan

Directions

Place flour in oven bag; twist end of bag, and shake.

Place oven bag in a 13- x 9-inch baking dish.

Add steak strips and remaining ingredients; gently squeeze oven bag to blend ingredients.

Close oven bag with nylon tie; cut 6 (1/2-inch) slits in top of bag.

Bake at 350 for 35 minutes or until beef strips are tender.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:20.58130434285%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 303.2kcal (15.16%), Fat: 7.51g (11.55%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 24.74g (9%), Sugar: 3.72g (4.14%), Cholesterol: 66.9mg (22.3%), Sodium: 1309.9mg (56.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.23g (60.47%), Selenium: 38.63µg (55.19%), Vitamin B6: 0.96mg (47.93%), Vitamin B3: 9.44mg (47.21%), Zinc: 5.25mg (35%), Vitamin C: 26.07mg (31.6%), Phosphorus: 309.91mg (30.99%), Vitamin B1: 0.45mg (30.01%), Iron: 4.07mg (22.62%), Vitamin B12: 1.1µg (18.4%), Potassium: 636.83mg (18.2%), Manganese: 0.33mg (16.6%), Vitamin B2: 0.27mg (15.66%), Folate: 61.41µg (15.35%), Vitamin K: 14.75µg (14.05%), Fiber: 3.39g (13.56%), Vitamin A: 639.05IU (12.78%), Copper: 0.25mg (12.26%), Magnesium: 45.8mg (11.45%), Vitamin B5: 1.06mg (10.57%), Vitamin E: 1.42mg (9.45%), Calcium: 44.86mg (4.49%)