



HEALTH SCORE

55%

Asian Noodle Bowl



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces angel hair pasta
- ☐ 1 pound bison ribeye steak
- ☐ 2 cups bite-size broccoli florets
- ☐ 14.5 ounce beef broth canned
- ☐ 2 medium carrots cut into thin bite-size strips
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 green onions sliced
- ☐ 0.8 cup purchased peanut sauce

- ☐ 0.3 cup peanuts chopped
- ☐ 2 tablespoons soya sauce
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ kitchen scissors
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Place bison skirt steak on the unheated rack of a broiler pan.
- ☐ Brush both sides of bison skirt steak with the 2 tablespoons soy sauce. Broil 4 to 5 inches from the heat for 5 to 6 minutes or until an instant-read thermometer registers 145 degrees F, turning once. Cover with foil and let stand for 10 minutes.
- ☐ Meanwhile, bring broth and water to boiling over medium-high heat in a large saucepan.
- ☐ Add vermicelli noodles and cook, uncovered, for 3 minutes or until noodles are tender. Use kitchen scissors to snip the noodle strands into smaller pieces. Stir in peanut sauce, broccoli, and carrots.
- ☐ Remove from heat. Cover and let stand for 10 minutes.
- ☐ Thinly slice bison skirt steak against the grain into bite-size pieces. Divide noodle mixture among 4 bowls. Top with bison skirt steak pieces.
- ☐ Sprinkle with peanuts and green onions or cilantro. If desired, serve with Asian chili sauce and additional soy sauce.

Nutrition Facts



 **PROTEIN 32.06%**  **FAT 26.8%**  **CARBS 41.14%**

Properties

Glycemic Index:53.52, Glycemic Load:14.56, Inflammation Score:-10, Nutrition Score:29.939130389172%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 501.28kcal (25.06%), Fat: 14.64g (22.52%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 50.56g (16.85%), Net Carbohydrates: 46.06g (16.75%), Sugar: 11.47g (12.75%), Cholesterol: 70.31mg (23.44%), Sodium: 1613.31mg (70.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.4g (78.8%), Vitamin A: 5455.51IU (109.11%), Selenium: 55.95µg (79.93%), Vitamin K: 63.52µg (60.49%), Vitamin C: 43.57mg (52.81%), Vitamin B12: 2.57µg (42.78%), Manganese: 0.85mg (42.52%), Phosphorus: 408.38mg (40.84%), Zinc: 4.76mg (31.71%), Vitamin B3: 6.04mg (30.21%), Iron: 4.99mg (27.72%), Vitamin B6: 0.53mg (26.59%), Potassium: 886.36mg (25.32%), Magnesium: 88.21mg (22.05%), Copper: 0.43mg (21.25%), Fiber: 4.5g (17.99%), Folate: 71.65µg (17.91%), Vitamin B2: 0.25mg (14.78%), Vitamin B1: 0.22mg (14.35%), Vitamin B5: 0.75mg (7.49%), Calcium: 72.83mg (7.28%), Vitamin E: 0.69mg (4.58%)