



Asian Peanut Beef & Noodles for Two

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 lb well-trimmed beef sirloin steak boneless cut into thin strips
- 0.3 cup lite catalina dressing kraft
- 1 Tbsp creamy peanut butter
- 2 green onions sliced
- 0.5 cup pepper strips red
- 0.3 cup planters roasted peanuts dry chopped
- 1 Tbsp lite soy sauce
- 0.3 lb pasta like spaghetti uncooked

1.5 cups sugar snap peas trimmed

Equipment

frying pan

sauce pan

Directions

Cook spaghetti in large saucepan as directed on package, omitting salt and adding snap peas and pepper strips to the boiling water for the last 2 min.

Meanwhile, heat dressing in large skillet on medium-high heat.

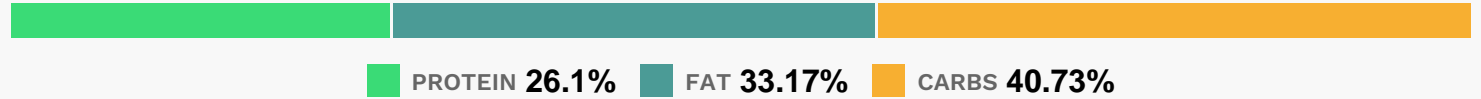
Add meat; stir-fry 3 min. or until meat is barely pink in center.

Add peanut butter and soy sauce; stir-fry 1 min. or until sauce is thickened and meat is done.

Drain spaghetti mixture.

Add to meat mixture; mix lightly. Stir in onions; sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.2, Inflammation Score:-2, Nutrition Score:2.5034782627354%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 43.59kcal (2.18%), Fat: 1.6g (2.47%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 3.98g (1.45%), Sugar: 1.1g (1.22%), Cholesterol: 4.46mg (1.49%), Sodium: 71.54mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin C: 6.27mg (7.6%), Selenium: 4.9µg (7%), Vitamin B3: 0.89mg (4.43%), Manganese: 0.09mg (4.42%), Vitamin B6: 0.08mg (3.89%), Phosphorus: 33.76mg (3.38%), Vitamin K: 3.09µg (2.94%), Zinc: 0.43mg (2.86%), Vitamin A: 138.99IU (2.78%), Magnesium: 8.74mg (2.19%), Iron: 0.34mg (1.88%), Potassium: 64.87mg (1.85%), Fiber: 0.46g (1.83%), Folate: 7.15µg (1.79%), Copper: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.41%), Vitamin B5: 0.14mg (1.36%), Vitamin E: 0.2mg (1.32%), Vitamin B2: 0.02mg (1.32%),

Vitamin B12: 0.07µg (1.18%)