



Asian Steak Salad

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



493 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound irish oats for stir-fry
- ☐ 3 ounces japanese ramen noodles
- ☐ 0.5 cup sesame-ginger dressing
- ☐ 10 ounces the of 1 cos lettuce
- ☐ 1 cup snow peas fresh chinese ()
- ☐ 0.5 cup carrots (from 10-ounce bag)
- ☐ 11 ounces mandarin orange segents drained canned

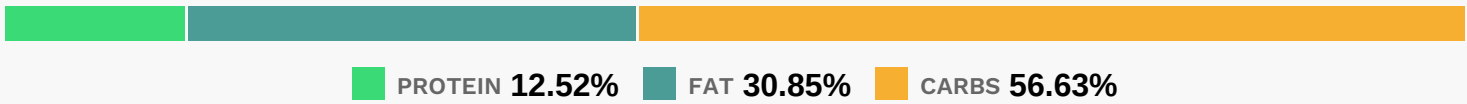
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat.
- ☐ Place beef in skillet; sprinkle with 1 teaspoon seasoning mix from soup mix. (Discard remaining seasoning mix.) Cook beef 4 to 5 minutes, stirring occasionally, until brown. Stir in 1 tablespoon of the dressing.
- ☐ Break block of noodles from soup mix into small pieces.
- ☐ Mix noodles, lettuce, pea pods, carrots, and orange segments in large bowl.
- ☐ Add remaining dressing; toss until well coated. Divide mixture among individual serving plates. Top with beef strips.

Nutrition Facts



Properties

Glycemic Index:32.14, Glycemic Load:30.62, Inflammation Score:-10, Nutrition Score:17.019999942054%

Flavonoids

Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 5.21mg, Naringenin: 5.21mg, Naringenin: 5.21mg, Naringenin: 5.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 492.72kcal (24.64%), Fat: 17.29g (26.59%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 71.4g (23.8%), Net Carbohydrates: 59.9g (21.78%), Sugar: 9.19g (10.21%), Cholesterol: 0mg (0%), Sodium: 509.76mg (22.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.79g (31.57%), Vitamin A: 6438.07IU (128.76%), Vitamin K: 66.4µg (63.23%), Fiber: 11.5g (46.01%), Vitamin C: 26.24mg (31.8%), Iron: 4.73mg (26.28%), Folate: 97.48µg (24.37%), Vitamin B1: 0.24mg (16.1%), Manganese: 0.22mg (11%), Vitamin E: 1.56mg (10.37%), Potassium: 327.86mg (9.37%), Calcium: 91.23mg (9.12%), Vitamin B6: 0.13mg (6.43%), Vitamin B2: 0.11mg (6.25%), Phosphorus: 61.54mg (6.15%), Vitamin B3: 1.13mg (5.63%), Magnesium: 21.31mg (5.33%), Copper: 0.09mg (4.34%), Vitamin B5: 0.37mg (3.7%), Selenium: 2.12µg (3.02%), Zinc: 0.36mg (2.37%)