



Asparagus Beef Lo Mein

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef top sirloin steaks cut into thin strips
- 6 ounces japanese ramen noodles
- 0.7 cup hoisin sauce
- 2.3 cups water divided
- 2 tablespoons olive oil divided
- 1 pound asparagus fresh trimmed cut into 2-1/2-inch pieces
- 1 small garlic clove minced

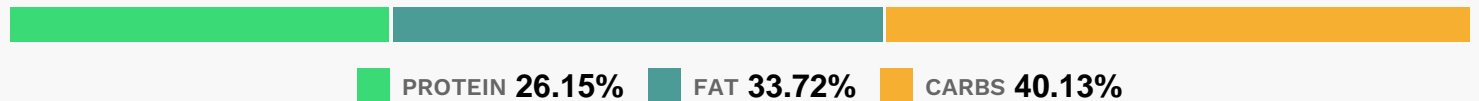
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Toss beef with 1/2 teaspoon seasoning from a ramen seasoning packet (discard remaining opened packet). In a small bowl, mix hoisin sauce and 1/4 cup water.
- In a saucepan, bring remaining water to a boil.
- Add noodles and contents of the unopened seasoning packet; cook, uncovered, 3 minutes.
- Remove from heat; let stand, covered, until noodles are tender.
- Meanwhile, in a large skillet, heat 1 tablespoon oil over medium-high heat; stir-fry beef until browned, 3-4 minutes.
- Remove from pan.
- In same pan, heat remaining oil over medium-high heat; stir-fry asparagus with garlic until crisp-tender, 1-3 minutes. Stir in hoisin sauce mixture; bring to a boil. Cook until slightly thickened. Stir in beef; heat through.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:12.93, Inflammation Score:-8, Nutrition Score:27.199130307073%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 515.93kcal (25.8%), Fat: 19.35g (29.78%), Saturated Fat: 5.97g (37.29%), Carbohydrates: 51.83g (17.28%), Net Carbohydrates: 47.17g (17.15%), Sugar: 15.32g (17.02%), Cholesterol: 68.28mg (22.76%), Sodium: 1680.99mg

(73.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.54%), Selenium: 42.72µg (61.03%), Vitamin B3: 10.72mg (53.62%), Vitamin K: 55.3µg (52.67%), Vitamin B1: 0.69mg (45.87%), Vitamin B6: 0.89mg (44.5%), Zinc: 5.68mg (37.86%), Phosphorus: 367.4mg (36.74%), Iron: 6.47mg (35.96%), Folate: 132.33µg (33.08%), Vitamin B2: 0.51mg (29.79%), Manganese: 0.53mg (26.72%), Copper: 0.46mg (22.89%), Vitamin E: 3.38mg (22.52%), Potassium: 767.63mg (21.93%), Vitamin B12: 1.17µg (19.54%), Fiber: 4.66g (18.63%), Vitamin A: 865.21IU (17.3%), Magnesium: 64.26mg (16.06%), Vitamin B5: 1.21mg (12.05%), Calcium: 84.58mg (8.46%), Vitamin C: 6.9mg (8.36%)