



Beef and Noodle Stew

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



29 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 lb beef round steak boneless cut into thin strips
- 14 oz beef broth canned
- 14 oz canned tomatoes diced undrained canned
- 0.3 tsp pepper red crushed
- 2 Tbsp a.1. original sauce
- 5.5 oz shell pasta
- 5 oz torn spinach leaves

Equipment

sauce pan

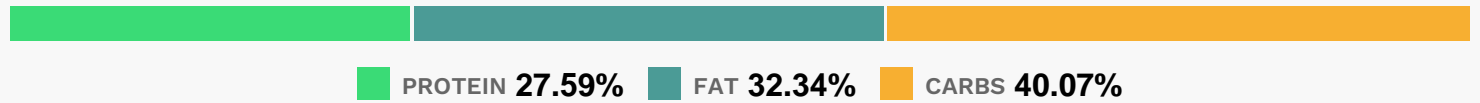
Directions

Cook pasta as directed on package; drain.

Mix broth, tomatoes, steak sauce and crushed red pepper in large saucepan; bring to boil on medium-high heat. Boil 3 minutes.

Add pasta and spinach; stir. Return to boil. Reduce heat to medium-low; simmer 2 minutes. Stir in meat; cook 2 to 3 minutes or until meat is cooked through.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:0.95, Inflammation Score:-2, Nutrition Score:2.3691304321198%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 29.04kcal (1.45%), Fat: 1.05g (1.62%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.68g (0.98%), Sugar: 0.42g (0.47%), Cholesterol: 4.15mg (1.38%), Sodium: 54.21mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin K: 14.04µg (13.37%), Vitamin A: 279.11IU (5.58%), Selenium: 3.72µg (5.32%), Manganese: 0.06mg (3.06%), Zinc: 0.42mg (2.8%), Vitamin B3: 0.53mg (2.63%), Vitamin B6: 0.05mg (2.35%), Vitamin B12: 0.12µg (1.98%), Phosphorus: 19.65mg (1.97%), Vitamin C: 1.53mg (1.86%), Iron: 0.33mg (1.81%), Folate: 7.06µg (1.77%), Vitamin B2: 0.03mg (1.74%), Potassium: 60.41mg (1.73%), Magnesium: 6.37mg (1.59%), Copper: 0.02mg (1.18%)