



 **91%**
HEALTH SCORE

Beef and Noodles Bowl with Vegetables

 Dairy Free  Very Healthy  Popular

READY IN



20 min.

SERVINGS



2

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp lite asian sesame dressing toasted kraft
- 0.5 lb beef sirloin steak boneless cut into thin strips
- 1 cup broccoli florets
- 0.3 cup chicken broth fat-free reduced-sodium
- 2 green onions thinly sliced
- 2 Tbsp hoisin sauce
- 0.3 lb multi-grain spaghetti uncooked
- 1 small bell pepper red cut into strips

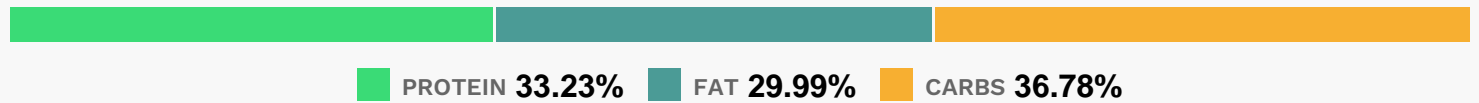
Equipment

- frying pan
- sauce pan

Directions

- Cook spaghetti in large saucepan as directed on package, omitting salt.
- Meanwhile, heat dressing in large nonstick skillet on medium heat.
- Add broccoli and peppers; stir-fry 3 min. or until crisp-tender.
- Add meat and hoisin sauce; stir-fry 2 to 3 min. or until meat is done.
- Drain spaghetti; return to pan.
- Add broth; cook 1 min. or until heated through, stirring occasionally.
- Add meat mixture and onions; mix lightly.

Nutrition Facts



Properties

Glycemic Index:82.85, Glycemic Load:15.9, Inflammation Score:-9, Nutrition Score:34.561738677647%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 424.18kcal (21.21%), Fat: 14.15g (21.77%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 32.76g (11.91%), Sugar: 10.85g (12.05%), Cholesterol: 67.38mg (22.46%), Sodium: 872.32mg (37.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.28g (70.55%), Vitamin C: 90.27mg (109.41%), Vitamin K: 87.77µg (83.59%), Selenium: 51.97µg (74.24%), Manganese: 1.42mg (71.15%), Vitamin B3: 10.91mg (54.54%), Vitamin B6: 1.04mg (52.16%), Phosphorus: 418.68mg (41.87%), Zinc: 5.93mg (39.55%), Vitamin A: 1570IU (31.4%), Fiber: 6.28g (25.13%), Vitamin B1: 0.37mg (24.55%), Potassium: 854.22mg (24.41%), Folate: 95.88µg (23.97%), Iron: 4.24mg (23.57%), Magnesium: 90.26mg (22.56%), Vitamin B2: 0.37mg (21.48%), Vitamin B12: 1.12µg (18.71%), Vitamin E: 2.47mg (16.49%), Calcium: 159.28mg (15.93%), Vitamin B5: 1.56mg (15.63%), Copper: 0.28mg

(13.99%)