

food
network



HEALTH SCORE

62%

Beef and Noodles in Thai Peanut Sauce



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



670 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 pounds beef steak lean (such as sirloin or flank)
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.3 cup dry-roasted peanuts chopped
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon hot sauce
- ☐ 3 cups beef broth reduced-sodium
- ☐ 2 tablespoons soya sauce reduced-sodium

- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 medium bell pepper diced red seeded
- ☐ 0.3 cup scallions white green chopped (and parts)
- ☐ 2 teaspoons sesame oil toasted
- ☐ 8 ounces soba noodles whole-wheat

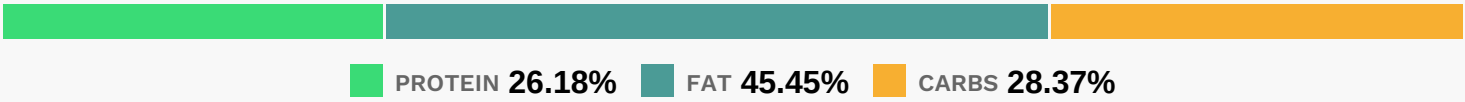
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Cook the noodles according to the package directions.
- ☐ Drain, transfer to a large bowl, and cover with aluminum foil or plastic wrap to keep warm.
- ☐ Meanwhile, in a medium saucepan, whisk together the sauce ingredients until well blended and set the pan over medium heat. Bring to a simmer and let simmer for 10 minutes.
- ☐ Heat the peanut oil in a large skillet over medium-high heat.
- ☐ Add the ginger and garlic and cook, stirring, for 2 minutes.
- ☐ Add the bell pepper and cook, stirring, for 2 minutes.
- ☐ Add the beef and cook, stirring, 2 minutes.
- ☐ Add 1 cup of the peanut sauce and simmer until the beef is cooked through, about 5 minutes.
- ☐ Transfer the beef mixture to the noodles and toss to combine, and then serve on individual plates topped with the peanuts and scallions. The leftover peanut sauce will keep in the refrigerator up to 4 days or in the freezer up to 3 months; thaw completely in the refrigerator or microwave for about 3 minutes on LOW before using.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:33.690000096093%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 669.65kcal (33.48%), Fat: 35.04g (53.91%), Saturated Fat: 11.46g (71.63%), Carbohydrates: 49.22g (16.41%), Net Carbohydrates: 47.14g (17.14%), Sugar: 2.31g (2.57%), Cholesterol: 86.47mg (28.82%), Sodium: 799.01mg (34.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.42g (90.84%), Selenium: 77.31µg (110.45%), Manganese: 2.17mg (108.41%), Vitamin B3: 12.71mg (63.54%), Zinc: 9.18mg (61.22%), Vitamin C: 40.5mg (49.09%), Phosphorus: 438.74mg (43.87%), Vitamin B6: 0.88mg (43.75%), Vitamin B12: 2.35µg (39.22%), Magnesium: 150.68mg (37.67%), Potassium: 1095.43mg (31.3%), Vitamin B1: 0.47mg (31.17%), Vitamin B2: 0.5mg (29.12%), Iron: 5.21mg (28.92%), Copper: 0.48mg (24.1%), Vitamin A: 1016.8IU (20.34%), Folate: 76.31µg (19.08%), Vitamin K: 16.89µg (16.09%), Vitamin E: 1.85mg (12.31%), Vitamin B5: 0.91mg (9.05%), Fiber: 2.08g (8.34%), Calcium: 57.5mg (5.75%)