



Beef-Broccoli Lo Mein

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups broccoli chopped
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon chili paste depending on your taste pref with garlic
- ☐ 4 cups spaghetti hot cooked uncooked (8 ounces pasta)
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 pound flank steak trimmed thin
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 4 garlic clove minced

- ☐ 3 tablespoons soy sauce low-sodium
- ☐ 1.5 cups onion vertically sliced
- ☐ 1 tablespoon oyster sauce
- ☐ 1 tablespoon vegetable oil; peanut oil preferred

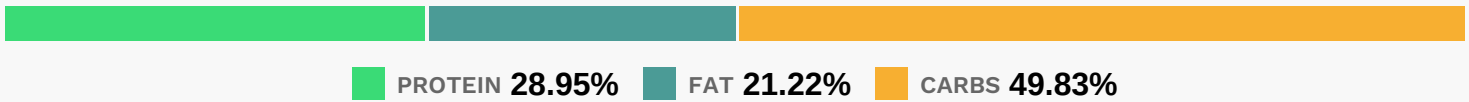
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Combine pasta and sesame oil, tossing well to coat.
- ☐ While pasta cooks, heat peanut oil in a large nonstick skillet over medium-high heat.
- ☐ Add the ginger and garlic; saut 30 seconds.
- ☐ Add broccoli and onion; saut 3 minutes.
- ☐ Add steak, and saut 5 minutes or until done.
- ☐ Add pasta mixture, soy sauce, and remaining ingredients; cook 1 minute or until lo mein is thoroughly heated, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:14.76, Inflammation Score:-7, Nutrition Score:19.597391335861%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg

Nutrients (% of daily need)

Calories: 336.49kcal (16.82%), Fat: 7.91g (12.17%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 38.15g (13.87%), Sugar: 7.17g (7.96%), Cholesterol: 45.36mg (15.12%), Sodium: 429.17mg (18.66%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.56%), Selenium: 48.78µg (69.69%), Vitamin C: 43.32mg (52.51%), Vitamin K: 46.12µg (43.93%), Vitamin B6: 0.67mg (33.7%), Vitamin B3: 5.61mg (28.07%), Phosphorus: 266.43mg (26.64%), Manganese: 0.53mg (26.35%), Zinc: 3.72mg (24.79%), Iron: 2.97mg (16.49%), Potassium: 554.13mg (15.83%), Fiber: 3.65g (14.59%), Folate: 56.15µg (14.04%), Magnesium: 53.99mg (13.5%), Vitamin B12: 0.7µg (11.67%), Vitamin B2: 0.2mg (11.49%), Copper: 0.21mg (10.4%), Vitamin B5: 0.93mg (9.28%), Vitamin B1: 0.13mg (8.86%), Vitamin E: 1.05mg (6.97%), Calcium: 63.31mg (6.33%), Vitamin A: 280.41IU (5.61%)