



Beef 'n Broccoli Noodle Bowl

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 0.5 cup beef broth
- 1 lb beef sirloin steak boneless thinly sliced
- 1 cup broccoli florets
- 2 carrots sliced
- 1 Tbsp gingerroot minced
- 0.3 cup hoisin sauce
- 0.5 lb pasta uncooked

1 Tbsp oil

Equipment

frying pan

Directions

- Cook pasta as directed on package. Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- Add meat, broccoli and carrots; cook and stir 4 min. or until meat is evenly browned.
- Add broth, hoisin sauce, dressing and gingerroot; stir. Cover. Reduce heat to medium-low; simmer 3 min. or until vegetables are crisp-tender, stirring occasionally.
- Drain pasta; return to pan.
- Add meat mixture; toss lightly.

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:3.66, Inflammation Score:-6, Nutrition Score:5.5691304414169%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 102.71kcal (5.14%), Fat: 2.96g (4.55%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 10.85g (3.95%), Sugar: 2.02g (2.25%), Cholesterol: 13.52mg (4.51%), Sodium: 142.26mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Vitamin A: 1047.69IU (20.95%), Selenium: 14.4µg (20.57%), Vitamin B3: 1.85mg (9.26%), Vitamin B6: 0.18mg (8.95%), Phosphorus: 77.06mg (7.71%), Zinc: 1.12mg (7.44%), Manganese: 0.14mg (6.89%), Vitamin K: 6.23µg (5.93%), Vitamin C: 4.45mg (5.4%), Potassium: 150.3mg (4.29%), Vitamin B12: 0.22µg (3.62%), Magnesium: 14.28mg (3.57%), Iron: 0.62mg (3.46%), Vitamin B2: 0.05mg (3.19%), Fiber: 0.79g (3.15%), Copper: 0.06mg (3.09%), Folate: 10.23µg (2.56%), Vitamin B5: 0.25mg (2.45%), Vitamin B1: 0.03mg (2.32%), Vitamin E: 0.29mg (1.92%), Calcium: 13.7mg (1.37%)