



Beef Noodle Bowl

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 1 lb beef sirloin steak cut into strips
- 3 cups broccoli florets
- 3 carrots peeled sliced
- 0.5 lb pasta uncooked
- 2 tsp oil
- 1 Tbsp teriyaki sauce

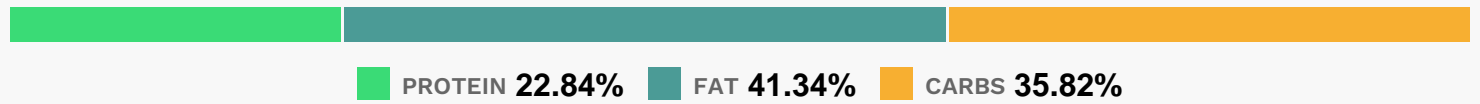
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, adding vegetables to the boiling water for the last 2 min.
- Meanwhile, heat oil in large nonstick skillet.
- Add meat; cook until browned on all sides, stirring occasionally. Stir in dressing and teriyaki sauce; cook 2 min. or until sauce is thickened, stirring occasionally.
- Drain pasta mixture; place in large serving bowl.
- Add meat mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:2.58, Inflammation Score:-6, Nutrition Score:4.7165217632833%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 79.62kcal (3.98%), Fat: 3.64g (5.61%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.44g (2.34%), Sugar: 0.9g (1%), Cholesterol: 8.47mg (2.82%), Sodium: 59.64mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Vitamin A: 1076.51IU (21.53%), Vitamin K: 11.48µg (10.93%), Selenium: 7.55µg (10.78%), Vitamin C: 8.48mg (10.28%), Vitamin B12: 0.42µg (7.01%), Phosphorus: 50.43mg (5.04%), Manganese: 0.1mg (4.96%), Vitamin B6: 0.09mg (4.66%), Zinc: 0.66mg (4.38%), Vitamin B3: 0.8mg (4.02%), Potassium: 116.48mg (3.33%), Iron: 0.51mg (2.83%), Vitamin B2: 0.05mg (2.73%), Fiber: 0.67g (2.68%), Magnesium: 10.04mg (2.51%), Folate: 9.21µg (2.3%), Vitamin B1: 0.03mg (2.17%), Copper: 0.04mg (2.08%), Vitamin E: 0.28mg (1.84%), Vitamin B5: 0.15mg (1.49%)