



 **94%**
HEALTH SCORE

Beef with Bow-Tie Pasta

 Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb beef top sirloin steaks boneless
- 1 lb asparagus
- 2 medium onion sliced
- 1.5 cups beef broth flavored (from 32-oz carton)
- 4 cups farfalle pasta cooked (bow-tie)
- 1 cup tomato purée organic (from 28-oz can)
- 3 tablespoons basil dried fresh chopped
- 3 tablespoons sun-dried olives chopped (not oil-packed)

- 0.3 teaspoon pepper
- 2 tablespoons parmesan cheese freshly grated

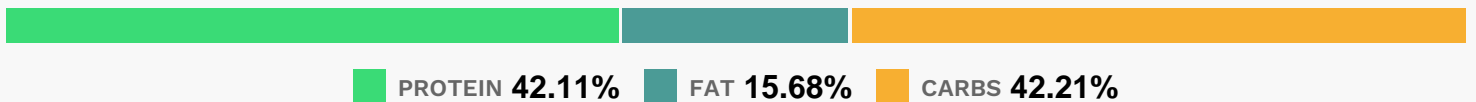
Equipment

- frying pan

Directions

- Trim fat from beef.
- Cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices. (For easier cutting, partially freeze beef about 1 hour.)
- Spray 12-inch skillet with cooking spray; heat over medium heat.
- Add asparagus, onions and 1 cup of the broth; cook 5 to 7 minutes, stirring occasionally, until liquid has evaporated; remove mixture from skillet.
- Add beef to skillet; cook about 2 minutes over medium heat, stirring frequently, until beef is no longer pink.
- Return asparagus mixture to skillet. Stir in remaining broth and remaining ingredients except cheese. Cook about 2 minutes, stirring frequently, until mixture is hot.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:11.2, Inflammation Score:-8, Nutrition Score:28.073478141395%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 19.81mg, Quercetin: 19.81mg, Quercetin: 19.81mg, Quercetin: 19.81mg

Nutrients (% of daily need)

Calories: 321.42kcal (16.07%), Fat: 5.63g (8.66%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 28.74g (10.45%), Sugar: 6.45g (7.16%), Cholesterol: 68.35mg (22.78%), Sodium: 335.97mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.04%), Selenium: 56.49µg (80.7%), Vitamin K: 69.86µg (66.53%), Vitamin B3: 9.83mg (49.13%), Vitamin B6: 0.96mg (47.81%), Iron: 7.32mg (40.65%), Zinc: 5.78mg (38.53%), Phosphorus: 379.39mg (37.94%), Manganese: 0.73mg (36.72%), Potassium: 1007.91mg (28.8%), Copper: 0.52mg (25.89%), Fiber: 5.36g (21.44%), Vitamin B2: 0.36mg (20.94%), Magnesium: 83.73mg (20.93%), Folate: 79.84µg (19.96%), Vitamin B12: 1.13µg (18.84%), Vitamin A: 846.56IU (16.93%), Vitamin B1: 0.25mg (16.75%), Vitamin E: 2.3mg (15.36%), Vitamin C: 12.57mg (15.24%), Vitamin B5: 1.35mg (13.5%), Calcium: 130.44mg (13.04%)