



Beef with Ramen Noodles

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces japanese ramen noodles
- 1 tablespoon cornstarch
- 1 cup beef broth divided
- 1 tablespoon vegetable oil
- 0.5 pound beef top sirloin steaks cut into thin strips
- 1 tablespoon soya sauce
- 14 ounces baby corns whole rinsed drained canned
- 1 cup broccoli florets fresh

- 0.5 cup bell pepper sweet red chopped
- 0.5 cup carrots shredded
- 2 spring onion cut into 1-inch pieces
- 0.3 cup peanuts

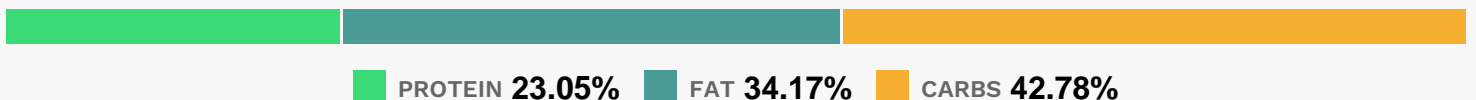
Equipment

- bowl
- frying pan

Directions

- Set aside seasoning packet from noodles. Cook noodles according to package directions.
- Drain and keep warm.
- In a small bowl, combine cornstarch and 1/4 cup broth until smooth; set aside.
- In a large skillet, heat oil over medium heat; add beef. Cook and stir until beef is no longer pink, 3–5 minutes.
- Add soy sauce; cook until most liquid has evaporated, about 1 minute.
- Remove beef and keep warm.
- In the same skillet over medium heat, add corn, broccoli, red pepper, carrot, onions and remaining 3/4 cup broth. Stir in contents of reserved seasoning packets. Cook and stir until vegetables are crisp-tender, 4–6 minutes.
- Stir reserved cornstarch mixture and add to skillet. Bring to a boil; cook and stir until thickened, 1–2 minutes.
- Add reserved beef and noodles to skillet; heat through. Top with peanuts.

Nutrition Facts



Properties

Glycemic Index:137.29, Glycemic Load:35.16, Inflammation Score:-10, Nutrition Score:47.500434875488%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 755.22kcal (37.76%), Fat: 30.14g (46.38%), Saturated Fat: 7.74g (48.36%), Carbohydrates: 84.9g (28.3%), Net Carbohydrates: 74.15g (26.96%), Sugar: 13.96g (15.52%), Cholesterol: 66.9mg (22.3%), Sodium: 1925.3mg (83.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.74g (91.49%), Vitamin A: 7442.34IU (148.85%), Vitamin C: 103.45mg (125.4%), Vitamin K: 94.27µg (89.78%), Vitamin B3: 17.64mg (88.22%), Vitamin B6: 1.36mg (67.9%), Manganese: 1.3mg (65.04%), Selenium: 43.19µg (61.7%), Vitamin B1: 0.92mg (61.21%), Phosphorus: 596.66mg (59.67%), Folate: 215.82µg (53.95%), Zinc: 6.96mg (46.39%), Fiber: 10.76g (43.02%), Potassium: 1491.24mg (42.61%), Magnesium: 148.15mg (37.04%), Iron: 6.34mg (35.23%), Vitamin B5: 3.29mg (32.87%), Vitamin B2: 0.54mg (31.52%), Copper: 0.49mg (24.5%), Vitamin B12: 1.26µg (20.94%), Vitamin E: 2.92mg (19.43%), Calcium: 114.85mg (11.49%)