



Chapchae (Noodles with Beef and Mixed Vegetables)

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3.8 ounce bean threads uncooked (cellophane noodles)
- ☐ 1 tablespoon brown sugar
- ☐ 1 cup julienne-cut carrot (2-inch)
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 tablespoon sesame oil dark

- ☐ 1 teaspoon sesame oil dark
- ☐ 1.5 teaspoons ginger fresh minced peeled
- ☐ 3 garlic cloves minced
- ☐ 5 garlic cloves minced
- ☐ 1 cup green onions diagonally sliced (2-inch)
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 tablespoon rice vinegar
- ☐ 8 ounces eye of round steak trimmed thinly sliced
- ☐ 1 tablespoon sesame seed toasted
- ☐ 3 cups shiitake mushroom caps sliced (6 ounces mushrooms)
- ☐ 10 ounce pkt spinach fresh
- ☐ 2 teaspoons thai chile paste
- ☐ 1 teaspoon vegetable oil

Equipment

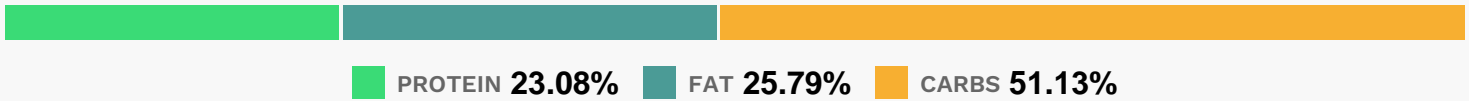
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ wok

Directions

- ☐ To prepare beef, sprinkle cornstarch over beef; toss to combine.
- ☐ Add 1 tablespoon soy sauce and next 4 ingredients (1 tablespoon soy sauce through 3 garlic cloves); toss well to coat. Cover and refrigerate 30 minutes to 1 hour.
- ☐ Heat a large nonstick skillet or wok coated with cooking spray over medium-high heat.
- ☐ Add beef mixture; stir-fry 3 minutes or until done.
- ☐ Remove mixture from pan. Cover and keep warm.
- ☐ To prepare noodles, pour boiling water over noodles; let stand 10 minutes or until tender.

- ☐ Drain and rinse with cold water.
- ☐ Drain. Snip noodles several times with kitchen shears.
- ☐ To prepare vegetables, wipe skillet or wok clean with paper towels.
- ☐ Heat 1 teaspoon sesame oil and vegetable oil in pan over medium-high heat.
- ☐ Add red pepper and 5 garlic cloves; stir-fry 30 seconds.
- ☐ Add mushrooms, onions, and carrot; stir-fry 3 minutes.
- ☐ Add half of spinach; stir-fry 2 minutes or until spinach wilts.
- ☐ Add remaining spinach; stir-fry 2 minutes or until spinach wilts.
- ☐ Reduce heat to medium-low.
- ☐ Add beef mixture and noodles to pan, stirring well to combine.
- ☐ Combine 1/3 cup soy sauce, brown sugar, vinegar, and 1 tablespoon sesame oil, stirring with a whisk.
- ☐ Drizzle over noodle mixture; stir well to combine. Cook over medium-low heat 3 minutes or until thoroughly heated.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:75.71, Glycemic Load:4.7, Inflammation Score:-10, Nutrition Score:39.798261041227%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 374.58kcal (18.73%), Fat: 11.23g (17.28%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 50.11g (16.7%), Net Carbohydrates: 41.97g (15.26%), Sugar: 9.79g (10.88%), Cholesterol: 35.72mg (11.91%), Sodium: 1048.2mg (45.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.62g (45.24%), Vitamin K: 402.12µg (382.97%), Vitamin A: 12320.83IU (246.42%), Manganese: 1.41mg (70.64%), Vitamin B6: 1.23mg (61.37%), Vitamin B3: 11.99mg (59.97%), Folate: 203.18µg (50.79%), Phosphorus: 445.72mg (44.57%), Selenium: 30.69µg (43.84%), Vitamin B2: 0.71mg

(41.72%), Potassium: 1428.02mg (40.8%), Magnesium: 140.96mg (35.24%), Zinc: 5.28mg (35.2%), Vitamin C: 28.81mg (34.93%), Fiber: 8.13g (32.53%), Vitamin B5: 3.23mg (32.29%), Iron: 5.69mg (31.59%), Copper: 0.57mg (28.4%), Vitamin B12: 1.07µg (17.86%), Vitamin B1: 0.25mg (16.69%), Calcium: 162.22mg (16.22%), Vitamin E: 2.37mg (15.81%), Vitamin D: 0.73µg (4.9%)