



Chinese Five-Spice Steak with Rice Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon five spice powder
- ☐ 2 teaspoons bottled garlic minced
- ☐ 1 pound flank steak trimmed cut into 1/4-inch strips
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 spring onion cut into 2-inch pieces
- ☐ 2 tablespoons spring onion minced
- ☐ 0.3 cup hoisin sauce
- ☐ 3 tablespoons soy sauce low-sodium

- ☐ 4 ounces vermicelli uncooked (banh pho)
- ☐ 2 medium tomatoes cut into 6 wedges
- ☐ 2 teaspoons vegetable oil

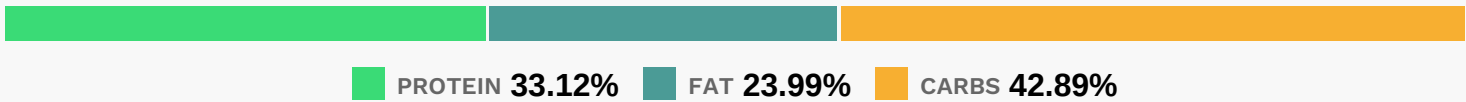
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions.
- ☐ While noodles cook, combine hoisin sauce, soy sauce, five-spice powder, and steak in a large bowl.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add minced green onions and garlic; saute 30 seconds.
- ☐ Add beef mixture; cook 5 minutes, stirring frequently. Stir in tomato wedges, green onion pieces, and chopped basil; cook 2 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:14.44, Inflammation Score:-6, Nutrition Score:18.037826061249%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 344.25kcal (17.21%), Fat: 9.01g (13.86%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 34.05g (12.38%), Sugar: 6.61g (7.34%), Cholesterol: 68.55mg (22.85%), Sodium: 827.25mg (35.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.98%), Selenium: 38.56µg (55.09%), Vitamin B6: 0.81mg (40.66%), Vitamin B3: 7.93mg (39.64%), Zinc: 4.93mg (32.86%), Phosphorus: 325.49mg (32.55%), Vitamin K: 31.19µg (29.71%), Manganese: 0.4mg (20.16%), Potassium: 654.39mg (18.7%), Vitamin B12:

1.03µg (17.2%), Iron: 3.01mg (16.71%), Vitamin C: 11.27mg (13.66%), Vitamin B2: 0.23mg (13.31%), Magnesium: 51.96mg (12.99%), Vitamin A: 632.77IU (12.66%), Folate: 40.33µg (10.08%), Copper: 0.19mg (9.75%), Vitamin B1: 0.13mg (8.81%), Fiber: 2.2g (8.79%), Vitamin B5: 0.86mg (8.64%), Vitamin E: 1mg (6.65%), Calcium: 62.52mg (6.25%)