



WHATSheATE



HEALTH SCORE

69%

Cilantro Orzo and Beef



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



733 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups beef broth flavored (from 32-ounce carton)
- ☐ 9 ounces soup noodles uncooked
- ☐ 11 ounces corn kernels whole undrained canned
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 pound extra tofu for stir-fry
- ☐ 1 medium bell pepper cut into 1/4-inch strips
- ☐ 0.3 cup cilantro leaves fresh chopped

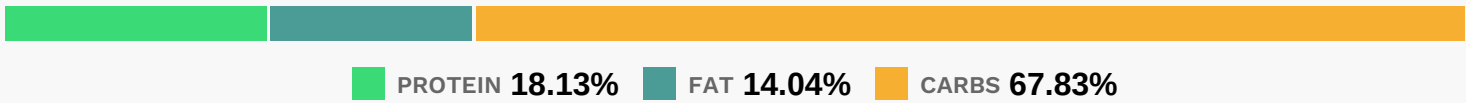
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Mix broth, pasta, corn and chilies in 2-quart saucepan.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 10 minutes or until pasta is just tender; remove from heat.
- ☐ Let stand about 5 minutes or until almost all liquid is absorbed.
- ☐ While pasta mixture is cooking, spray 10-inch nonstick skillet with cooking spray.
- ☐ Add oil; heat over medium-high heat. Cook beef and bell pepper in oil about 5 minutes, stirring occasionally, until beef is brown.
- ☐ Stir beef mixture into pasta mixture. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:39.05, Inflammation Score:-9, Nutrition Score:32.787391621134%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 732.95kcal (36.65%), Fat: 11.62g (17.87%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 126.24g (42.08%), Net Carbohydrates: 116.65g (42.42%), Sugar: 13.97g (15.52%), Cholesterol: 0mg (0%), Sodium: 1966.33mg (85.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.74g (67.48%), Selenium: 84.33µg (120.47%), Vitamin C: 98.59mg (119.5%), Manganese: 1.46mg (72.94%), Phosphorus: 495.7mg (49.57%), Vitamin A: 2139.51IU (42.79%), Vitamin B3: 7.76mg (38.81%), Fiber: 9.58g (38.33%), Folate: 147.08µg (36.77%), Magnesium: 135.63mg (33.91%), Copper: 0.66mg (33.08%), Potassium: 1059.37mg (30.27%), Iron: 5.09mg (28.26%), Vitamin B6: 0.53mg (26.57%), Vitamin B2: 0.4mg (23.55%), Zinc: 3.19mg (21.25%), Vitamin B1: 0.31mg (20.56%), Vitamin K: 17.52µg (16.68%), Vitamin B5: 1.42mg (14.23%), Calcium: 114.14mg (11.41%), Vitamin E: 1.64mg (10.93%), Vitamin B12: 0.25µg (4.2%)