



HEALTH SCORE

80%

Cilantro Orzo and Beef



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



1

CALORIES



1655 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

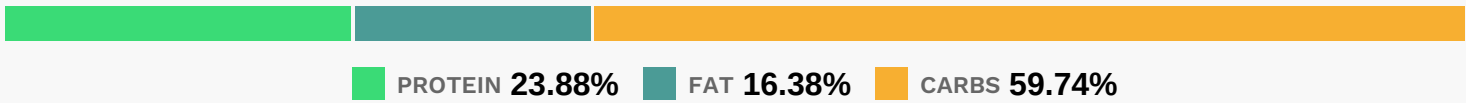
Equipment

- ☐ 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:106, Glycemic Load:78.1, Inflammation Score:-10, Nutrition Score:65.974348057871%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 1654.85kcal (82.74%), Fat: 30.3g (46.62%), Saturated Fat: 8.84g (55.28%), Carbohydrates: 248.59g (82.86%), Net Carbohydrates: 229.41g (83.42%), Sugar: 25.69g (28.55%), Cholesterol: 140.61mg (46.87%), Sodium: 3995.74mg (173.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 99.36g (198.72%), Selenium: 208.16µg (297.38%), Vitamin C: 202.02mg (244.87%), Manganese: 2.94mg (147.01%), Vitamin B3: 27.54mg (137.71%), Phosphorus: 1215.22mg (121.52%), Zinc: 16.57mg (110.48%), Vitamin B6: 1.94mg (97.2%), Vitamin B12: 5.58µg (93.07%), Vitamin A: 4296.88IU (85.94%), Folate: 313.16µg (78.29%), Fiber: 19.18g (76.73%), Potassium: 2570.21mg (73.43%), Iron: 13.06mg (72.56%), Magnesium: 260.49mg (65.12%), Vitamin B2: 1.09mg (64.29%), Copper: 1.04mg

(52.21%), Vitamin B5: 4.31mg (43.14%), Vitamin B1: 0.53mg (35.47%), Vitamin K: 35.72µg (34.02%), Vitamin E: 3.91mg (26.08%), Calcium: 183.48mg (18.35%), Vitamin D: 0.23µg (1.51%)