



Cinnamon-Beef Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



686 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds beef stew meat cut into 1 1/2-inch cubes
- 2 cinnamon sticks
- 1 inch ginger fresh peeled thinly sliced
- 6 garlic cloves crushed
- 8 green onions cut into 1-inch pieces
- 4 cups wide lo mein noodles hot cooked uncooked (8 ounces pasta)
- 0.8 cup soya sauce low-sodium
- 1.5 cups rice wine

- 10 ounce pkt spinach fresh chopped
- 0.3 cup sugar
- 2 teaspoons vegetable oil
- 5 cups water

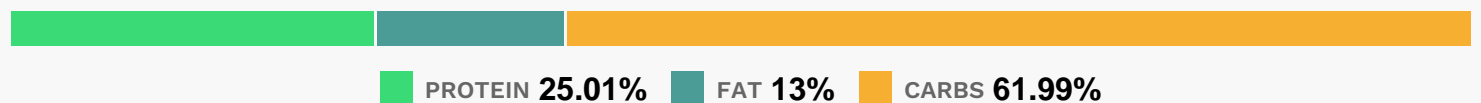
Equipment

- bowl
- frying pan
- whisk
- dutch oven

Directions

- Combine first 4 ingredients in a large bowl; stir with a whisk. Set aside.
- Heat 1 teaspoon oil in a large Dutch oven over medium-high heat; add half of the beef, browning on all sides.
- Remove from pan. Repeat procedure with remaining oil and beef. Return beef to pan; add water mixture, onions, garlic, cinnamon, and ginger. Bring to a boil; cover, reduce heat, and simmer 2 hours or until beef is tender. Discard ginger slices and cinnamon. Stir in spinach; cook 3 minutes or until wilted.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:26.913478395213%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 686.24kcal (34.31%), Fat: 9.14g (14.06%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 98.07g (32.69%), Net Carbohydrates: 94.18g (34.25%), Sugar: 6.84g (7.6%), Cholesterol: 70.31mg (23.44%), Sodium: 1322.09mg (57.48%), Alcohol: 7.24g (100%), Alcohol %: 1.81% (100%), Protein: 39.56g (79.13%), Vitamin K: 199.74µg (190.23%), Vitamin A: 3445.34IU (68.91%), Selenium: 32.98µg (47.11%), Vitamin B6: 0.89mg (44.29%), Vitamin B3: 8.29mg (41.44%), Vitamin B12: 2.1µg (34.96%), Zinc: 5.21mg (34.74%), Manganese: 0.65mg (32.35%), Phosphorus: 312.29mg (31.23%), Folate: 101.9µg (25.48%), Iron: 3.96mg (22.01%), Potassium: 729.5mg (20.84%), Magnesium: 79.75mg (19.94%), Vitamin B2: 0.32mg (18.81%), Vitamin C: 12.99mg (15.75%), Fiber: 3.89g (15.58%), Copper: 0.22mg (10.93%), Vitamin B1: 0.15mg (10.28%), Calcium: 92.17mg (9.22%), Vitamin E: 1.34mg (8.93%), Vitamin B5: 0.62mg (6.21%)