



Easy Asian Beef and Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



638 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5.6 ounce beef-flavor ramen noodle soup (such as Campbell's)
- ☐ 2 cups prepackaged coleslaw
- ☐ 1 teaspoon sesame oil dark divided
- ☐ 1 cup green onions sliced (1-inch)
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 8 ounce rib-eye steak
- ☐ 1.5 cups water

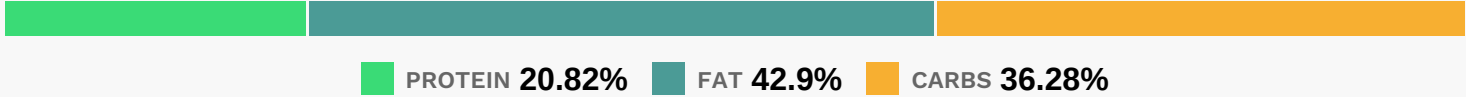
Equipment

☐ frying pan

Directions

- ☐ Trim fat from steak; cut diagonally across grain into thin slices.
- ☐ Heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add steak and onions; stir-fry 1 minute.
- ☐ Remove steak mixture from pan; keep warm.
- ☐ Heat 1/2 teaspoon oil until hot.
- ☐ Add slaw; stir-fry 30 seconds.
- ☐ Remove slaw from pan; keep warm.
- ☐ Remove noodles from packages; reserve 1 seasoning packet for another use.
- ☐ Add the water and remaining seasoning packet to pan; bring to a boil. Break noodles in half; add noodles to water mixture. Cook noodles 2 minutes or until most of the liquid is absorbed, stirring frequently. Stir in steak mixture, slaw, and soy sauce; cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:31.691304445267%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 637.7kcal (31.88%), Fat: 30.69g (47.22%), Saturated Fat: 13.45g (84.07%), Carbohydrates: 58.4g (19.47%), Net Carbohydrates: 53.55g (19.47%), Sugar: 4.86g (5.4%), Cholesterol: 69.17mg (23.06%), Sodium: 1965.6mg (85.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.52g (67.04%), Vitamin K: 158.67µg (151.12%), Vitamin B1: 1.36mg (90.92%), Selenium: 36.71µg (52.45%), Zinc: 7.08mg (47.18%), Vitamin B3: 9.4mg (47%), Vitamin C: 35.5mg (43.03%), Folate: 155.54µg (38.89%), Iron: 6.39mg (35.5%), Vitamin B12: 2.03µg (33.75%), Vitamin B2: 0.57mg (33.54%), Vitamin B6: 0.65mg (32.58%), Manganese: 0.65mg (32.33%), Phosphorus: 309.32mg (30.93%), Potassium: 735.92mg (21.03%), Fiber: 4.85g (19.41%), Magnesium: 68.56mg (17.14%), Copper: 0.29mg (14.73%),

Vitamin A: 584.11IU (11.68%), Vitamin E: 1.68mg (11.19%), Calcium: 103.47mg (10.35%), Vitamin B5: 0.45mg (4.51%)