



Easy Ramen Noodle Bowl

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef top sirloin steaks boneless cut into thin strips
- 3 oz japanese ramen noodles
- 0.3 cup sauce
- 1 lb savory vegetable fresh (broccoli, cauliflower, celery, carrots, snow pea pods and bell peppers) (4 cups)
- 2 teaspoons vegetable oil
- 2 cups water

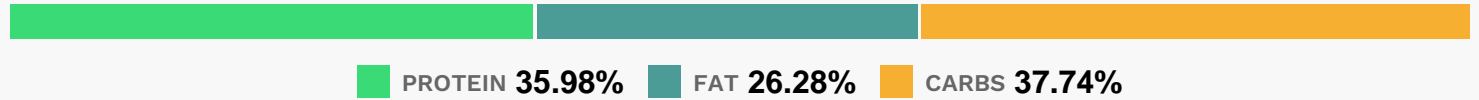
Equipment

- bowl
- frying pan

Directions

- In 12-inch skillet, heat oil over medium-high heat.
- Add beef; cook 3 to 5 minutes, stirring occasionally, until brown.
- Remove beef from skillet.
- In same skillet, heat water to boiling. Break block of noodles from soup mix into water; stir until slightly softened. Stir in vegetables.
- Heat to boiling. Boil 5 to 7 minutes, stirring occasionally, until vegetables are crisp-tender.
- Stir in contents of seasoning packet from soup mix, the stir-fry sauce and beef. Cook 2 to 3 minutes, stirring frequently, until hot.
- Serve in individual bowls.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:10.94, Inflammation Score:-10, Nutrition Score:23.676521881767%

Nutrients (% of daily need)

Calories: 347.22kcal (17.36%), Fat: 10.19g (15.68%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 27.91g (10.15%), Sugar: 3.75g (4.17%), Cholesterol: 66.9mg (22.3%), Sodium: 733.05mg (31.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.78%), Vitamin A: 5760.91IU (115.22%), Selenium: 37.51µg (53.58%), Vitamin B3: 9.62mg (48.12%), Vitamin B6: 0.84mg (41.98%), Zinc: 5.24mg (34.93%), Phosphorus: 331.48mg (33.15%), Vitamin B1: 0.44mg (29.48%), Iron: 3.76mg (20.87%), Fiber: 5.03g (20.1%), Manganese: 0.4mg (19.81%), Potassium: 683.29mg (19.52%), Vitamin B12: 1.12µg (18.65%), Folate: 71.65µg (17.91%), Vitamin B2: 0.29mg (16.91%), Magnesium: 59.37mg (14.84%), Vitamin C: 11.86mg (14.37%), Copper: 0.25mg (12.43%), Vitamin B5: 0.99mg (9.85%), Calcium: 63.01mg (6.3%), Vitamin K: 6.6µg (6.28%), Vitamin E: 0.82mg (5.48%)