



Fusilli With Curried Beef and Cauliflower

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup no-salt-added beef broth
- 4 cups cauliflower florets
- 4 cups fusilli hot cooked uncooked (8 ounces twisted spaghetti)
- 1 tablespoon cornstarch
- 2 teaspoons curry powder
- 0.5 cup yogurt plain fat-free
- 2 teaspoons olive oil
- 1 cup peas green frozen thawed
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 0.5 pound boned sirloin steak lean cut into 1/2-inch cubes
- 0.5 cup water

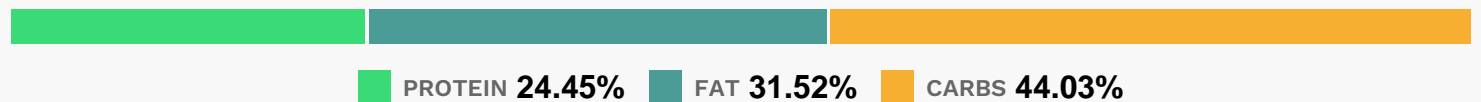
Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Combine first 6 ingredients in a small bowl; stir well with a whisk. Set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add meat, and saut 5 minutes or until browned.
- Remove from skillet, and set aside. Wipe skillet dry with paper towels. Coat skillet with cooking spray; place over medium heat until hot.
- Add cauliflower; saut 3 minutes.
- Add water; cover, reduce heat, and simmer 4 minutes. Return meat to skillet; stir in broth mixture and peas. Bring to a boil; cook 2 minutes, stirring gently.
- Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:40.46, Glycemic Load:18.94, Inflammation Score:-7, Nutrition Score:25.206521822059%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 467.83kcal (23.39%), Fat: 16.33g (25.12%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 51.33g (17.11%), Net Carbohydrates: 44.77g (16.28%), Sugar: 7g (7.78%), Cholesterol: 47.62mg (15.87%), Sodium: 723.92mg (31.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.99%), Vitamin C: 70.72mg (85.72%), Selenium: 48.33µg (69.05%), Manganese: 0.76mg (37.86%), Vitamin B12: 2.27µg (37.76%), Phosphorus: 335.04mg (33.5%), Vitamin B6: 0.63mg (31.42%), Zinc: 4.33mg (28.85%), Fiber: 6.56g (26.25%), Vitamin K: 26.96µg (25.67%), Folate: 98.84µg (24.71%), Iron: 4.43mg (24.63%), Vitamin B3: 4.9mg (24.5%), Potassium: 793.58mg (22.67%), Vitamin B2: 0.35mg (20.73%), Magnesium: 72.34mg (18.09%), Vitamin B1: 0.26mg (17.08%), Copper: 0.32mg (15.83%), Vitamin B5: 1.37mg (13.71%), Calcium: 112.07mg (11.21%), Vitamin A: 290IU (5.8%), Vitamin E: 0.71mg (4.71%)