



## Ginger Asian Beef

READY IN



30 min.

SERVINGS



5

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 5.6 oz beef pasta skillet meal
- 3.7 cups water hot
- 2 tablespoons soya sauce
- 1 tablespoon honey
- 1 teaspoon ground ginger
- 16 oz savory vegetable frozen

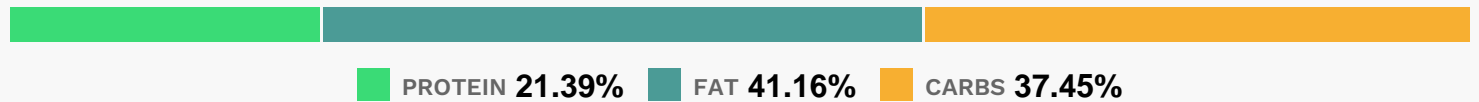
### Equipment

frying pan

## Directions

- In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
- Stir in sauce mix and uncooked pasta (from Hamburger Helper box), water, soy sauce, honey and ginger.
- Heat to boiling, stirring occasionally.
- Stir in frozen vegetables; reduce heat. Cover; simmer 10 minutes, stirring occasionally. Uncover; cook until sauce is desired thickness.

## Nutrition Facts



## Properties

Glycemic Index:22.45, Glycemic Load:5.72, Inflammation Score:-10, Nutrition Score:18.348695573599%

## Nutrients (% of daily need)

Calories: 416.06kcal (20.8%), Fat: 19.13g (29.44%), Saturated Fat: 7.06g (44.13%), Carbohydrates: 39.18g (13.06%), Net Carbohydrates: 34.44g (12.52%), Sugar: 5.57g (6.19%), Cholesterol: 64.41mg (21.47%), Sodium: 1318.27mg (57.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.76%), Vitamin A: 4606.8IU (92.14%), Vitamin B3: 6.89mg (34.43%), Vitamin B12: 1.94µg (32.36%), Zinc: 4.27mg (28.48%), Vitamin B1: 0.38mg (25.09%), Phosphorus: 207.06mg (20.71%), Selenium: 14.28µg (20.41%), Manganese: 0.4mg (20.15%), Iron: 3.6mg (20.02%), Vitamin B6: 0.4mg (19.9%), Vitamin B2: 0.33mg (19.19%), Fiber: 4.74g (18.97%), Potassium: 519.53mg (14.84%), Vitamin C: 9.46mg (11.46%), Magnesium: 42.75mg (10.69%), Copper: 0.18mg (9.03%), Folate: 34.09µg (8.52%), Vitamin B5: 0.64mg (6.35%), Calcium: 46.36mg (4.64%), Vitamin E: 0.37mg (2.48%), Vitamin K: 1.64µg (1.56%)