



HEALTH SCORE

61%

Ginger Beef and Noodle Bowls



Dairy Free



Very Healthy

READY IN



38 min.

SERVINGS



4

CALORIES



1762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 27.5 ounces beef broth ready-to-serve canned
- ☐ 0.5 cup carrots shredded matchstick-style
- ☐ 1 tablespoon sesame oil dark
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 large cloves garlic minced
- ☐ 0.8 cup green onions thinly sliced
- ☐ 6 cups unseasoned ramen noodles fresh thin-cut instant asian-style cooked
- ☐ 2 tablespoons rice wine vinegar

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound beef shoulder top blade steaks flat iron

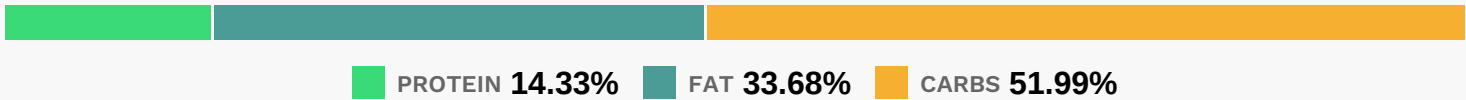
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Cut steaks crosswise into 1/4-inch thick strips; cut strips in half.
- ☐ Heat 1/2 tablespoon sesame oil in large nonstick skillet over medium-high heat until hot.
- ☐ Add ginger and garlic; cook for 1 minute.
- ☐ Add half of the beef and stir-fry for 2 minutes, or until the outside surface of the beef is no longer pink.
- ☐ Remove from skillet. Repeat with remaining oil and beef. Season with salt and pepper, to taste.
- ☐ Remove from skillet and keep warm.
- ☐ Add broth, green onions, and mirin to skillet and bring to a boil. Reduce heat to low and simmer for 8 to 10 minutes.
- ☐ Meanwhile, divide noodles and beef evenly among 4 large soup bowls.
- ☐ Bring broth mixture to a boil over high heat. Ladle boiling mixture evenly over beef and noodles.
- ☐ Garnish with carrots.

Nutrition Facts



Properties

Glycemic Index:63.21, Glycemic Load:102.97, Inflammation Score:-10, Nutrition Score:56.511739181436%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 1761.97kcal (88.1%), Fat: 66.01g (101.55%), Saturated Fat: 30.34g (189.62%), Carbohydrates: 229.24g (76.41%), Net Carbohydrates: 220.01g (80.01%), Sugar: 6.85g (7.61%), Cholesterol: 80.51mg (26.84%), Sodium: 8064.02mg (350.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.2g (126.39%), Vitamin B1: 3.81mg (253.68%), Folate: 423.8µg (105.95%), Vitamin B3: 21.02mg (105.08%), Vitamin B12: 6.04µg (100.6%), Iron: 17.79mg (98.85%), Manganese: 1.92mg (96.01%), Selenium: 64.25µg (91.79%), Zinc: 12.12mg (80.79%), Vitamin B2: 1.3mg (76.76%), Phosphorus: 703.42mg (70.34%), Vitamin K: 63.52µg (60.5%), Vitamin A: 2911.1IU (58.22%), Vitamin B6: 0.83mg (41.54%), Vitamin E: 5.85mg (39.03%), Copper: 0.77mg (38.34%), Fiber: 9.22g (36.9%), Potassium: 1257.82mg (35.94%), Magnesium: 116mg (29%), Vitamin B5: 2.24mg (22.39%), Calcium: 151.2mg (15.12%), Vitamin C: 6.18mg (7.49%)