



Gingered Rice and Beef

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 90% (at least)
- ☐ 1 tablespoon ginger grated
- ☐ 6.2 oz vermicelli with seasoning packet)
- ☐ 2 cups water
- ☐ 1 cup bell pepper red coarsely chopped
- ☐ 2 cups sugar snap peas frozen (from 12 oz bag)

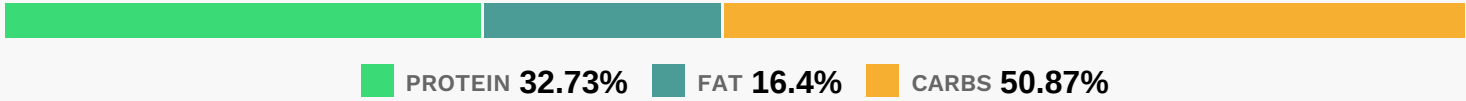
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook ground beef and gingerroot over medium-high heat until beef is thoroughly cooked, stirring frequently.
- ☐ Drain.
- ☐ Add rice and vermicelli mix with contents of seasoning packet; cook and stir 2 minutes.
- ☐ Add water; bring to a boil. Reduce heat to low; cover and simmer 15 minutes, stirring occasionally.
- ☐ Stir in bell pepper and sugar snap peas; cover and cook 5 to 10 minutes or until vegetables are tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:21.32, Inflammation Score:-9, Nutrition Score:22.545652192572%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 346.97kcal (17.35%), Fat: 6.14g (9.44%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 40.04g (14.56%), Sugar: 3.55g (3.95%), Cholesterol: 70.31mg (23.44%), Sodium: 164.41mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.56g (55.13%), Vitamin C: 77.17mg (93.54%), Vitamin B12: 2.54µg (42.34%), Zinc: 6.34mg (42.27%), Selenium: 26.76µg (38.23%), Vitamin B3: 7mg (35%), Vitamin A: 1698.93IU (33.98%), Phosphorus: 328.01mg (32.8%), Vitamin B6: 0.64mg (32.04%), Iron: 4.2mg (23.31%), Manganese: 0.4mg (19.77%), Potassium: 589.4mg (16.84%), Vitamin B2: 0.26mg (15.38%), Vitamin K: 14.42µg (13.73%), Vitamin B5: 1.24mg (12.4%), Magnesium: 48.39mg (12.1%), Folate: 44.9µg (11.22%), Fiber: 2.79g (11.18%), Vitamin B1: 0.15mg (10.28%), Copper: 0.19mg (9.48%), Vitamin E: 1.1mg (7.34%), Calcium: 45.62mg (4.56%)