



Ground Beef Chow Mein

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 2 cups celery thinly sliced ()
- ☐ 1 cup bell pepper red coarsely chopped
- ☐ 8 oz water chestnuts drained sliced canned
- ☐ 12 oz teriyaki sauce
- ☐ 2 cups coleslaw mix shredded (cabbage and carrots)
- ☐ 3 cups chow mein noodles

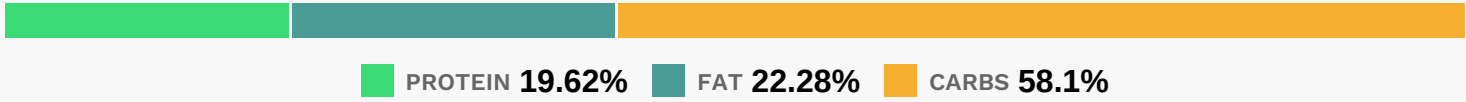
Equipment

☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until beef is cooked through and no pink remains. Stir in celery and bell pepper. Cook 3 to 4 minutes, stirring frequently, until vegetables are crisp-tender; drain.
- ☐ Stir water chestnuts and teriyaki glaze into beef mixture. Cook about 2 minutes, stirring frequently, until hot and bubbly.
- ☐ Remove from heat.
- ☐ Stir in coleslaw mix.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:18.189130575761%

Flavonoids

Apigenin: 0.98mg, Apigenin: 0.98mg, Apigenin: 0.98mg, Apigenin: 0.98mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 711.44kcal (35.57%), Fat: 17.44g (26.83%), Saturated Fat: 5.85g (36.54%), Carbohydrates: 102.33g (34.11%), Net Carbohydrates: 92.82g (33.75%), Sugar: 13.8g (15.34%), Cholesterol: 53.68mg (17.89%), Sodium: 2998.22mg (130.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.55g (69.09%), Vitamin C: 42.13mg (51.06%), Iron: 7.03mg (39.03%), Fiber: 9.51g (38.06%), Vitamin K: 30.29µg (28.85%), Vitamin B12: 1.62µg (26.96%), Vitamin B6: 0.52mg (26.04%), Zinc: 3.59mg (23.92%), Phosphorus: 238.71mg (23.87%), Vitamin B3: 4.53mg (22.67%), Vitamin A: 951.56IU (19.03%), Selenium: 12.61µg (18.01%), Potassium: 580.84mg (16.6%), Magnesium: 59.95mg (14.99%), Vitamin B2: 0.22mg (12.68%), Folate: 46.81µg (11.7%), Copper: 0.18mg (9.11%), Manganese: 0.17mg (8.41%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 1.12mg (7.49%), Vitamin B1: 0.09mg (6.04%), Calcium: 54.59mg (5.46%)