



Korean-Style Beef Skewers with Rice Noodles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 4 garlic cloves minced
- ☐ 3 tablespoons green onions thinly sliced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 5 tablespoons lower-sodium soy sauce
- ☐ 8 ounces wide rice sticks
- ☐ 0.3 cup sugar
- ☐ 1 pound beef top sirloin steaks sliced thin

- ☐ 0.5 cup water
- ☐ 1.5 tablespoons sambal oelek (such as huy fong)

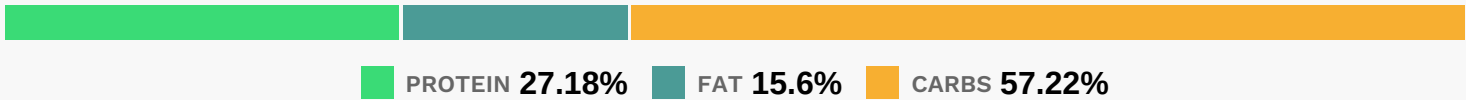
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine first 6 ingredients in a zip-top bag.
- ☐ Add beef to bag; seal. Marinate at room temperature for 30 minutes, turning once.
- ☐ Remove steak from bag; reserve marinade. Thread steak evenly onto 8 (8-inch) skewers. Grill 2 minutes on each side or until desired degree of doneness.
- ☐ Combine reserved marinade and water in a small saucepan; bring to a boil. Cook 1 minute.
- ☐ Soak noodles in boiling water until tender; drain.
- ☐ Place noodles in a large bowl.
- ☐ Pour reserved marinade mixture over noodles; sprinkle with onions; toss.
- ☐ Serve with skewers.

Nutrition Facts



Properties

Glycemic Index:48.32, Glycemic Load:39.27, Inflammation Score:-3, Nutrition Score:18.171739251717%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 470.56kcal (23.53%), Fat: 8.05g (12.38%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 66.41g (22.14%), Net Carbohydrates: 65.31g (23.75%), Sugar: 17.54g (19.49%), Cholesterol: 66.9mg (22.3%), Sodium: 790.49mg (34.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.09%), Selenium: 44.21µg (63.16%), Vitamin B6: 0.89mg (44.4%), Vitamin B3: 8.62mg (43.08%), Manganese: 0.77mg (38.64%), Zinc: 5.38mg (35.88%), Phosphorus: 347.57mg (34.76%), Vitamin B12: 1.07µg (17.77%), Potassium: 591.81mg (16.91%), Iron: 2.73mg (15.15%), Magnesium: 57.02mg (14.26%), Vitamin B5: 1.41mg (14.06%), Vitamin B2: 0.23mg (13.33%), Vitamin K: 13.26µg (12.63%), Copper: 0.25mg (12.46%), Vitamin B1: 0.15mg (9.84%), Folate: 32.02µg (8.01%), Vitamin E: 1.12mg (7.5%), Calcium: 58.27mg (5.83%), Vitamin C: 3.87mg (4.69%), Fiber: 1.1g (4.41%), Vitamin A: 58.95IU (1.18%)