



Orange Beef Pasta

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



595 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound beef greek-style cooked sliced
- ☐ 14 oz beef broth canned
- ☐ 2 carrots cut into 1/4-inch slices
- ☐ 6 servings toppings: green onions toasted sliced
- ☐ 0.3 cup orange marmalade
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 16 oz vermicelli
- ☐ 1.5 cups snow peas trimmed

- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon vegetable oil

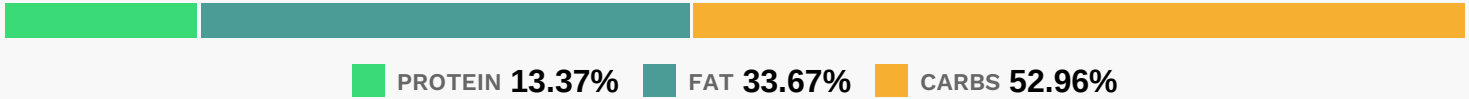
Equipment

- ☐ dutch oven

Directions

- ☐ Prepare pasta according to package directions.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add carrots and snow peas, and stir-fry 4 to 5 minutes or until crisp-tender. Stir in beef broth and next 3 ingredients.
- ☐ Bring to a boil.
- ☐ Remove from heat; add Greek-Style Beef and hot cooked pasta; toss well to combine.
- ☐ Serve immediately with desired toppings.

Nutrition Facts



Properties

Glycemic Index:25.81, Glycemic Load:36.84, Inflammation Score:-10, Nutrition Score:20.293478219405%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 595.17kcal (29.76%), Fat: 22.05g (33.92%), Saturated Fat: 6.91g (43.19%), Carbohydrates: 78.05g (26.02%), Net Carbohydrates: 74.49g (27.09%), Sugar: 10.14g (11.26%), Cholesterol: 53.68mg (17.89%), Sodium: 999.02mg (43.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.39%), Vitamin A: 3696.9IU (73.94%), Selenium: 26.34µg (37.62%), Manganese: 0.73mg (36.43%), Phosphorus: 327.48mg (32.75%), Zinc: 4.5mg (30.03%), Vitamin B12: 1.66µg (27.74%), Vitamin B3: 4.99mg (24.93%), Copper: 0.49mg (24.3%), Iron: 4.11mg (22.82%), Vitamin B6: 0.42mg (20.81%), Vitamin C: 16.54mg (20.05%), Magnesium: 63.9mg (15.98%), Fiber: 3.56g (14.24%), Vitamin K: 14.43µg (13.74%), Calcium: 133.7mg (13.37%), Potassium: 441.07mg (12.6%), Vitamin B2: 0.21mg

(12.27%), Vitamin B1: 0.18mg (11.82%), Folate: 33.76µg (8.44%), Vitamin B5: 0.71mg (7.14%), Vitamin E: 0.78mg (5.23%)