



Orange Teriyaki Beef with Noodles

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups beef broth flavored (from 32-ounce carton)
- ☐ 1 pound sirloin beef tips boneless cut into thin strips
- ☐ 3 ounces extra wide egg noodles uncooked fine
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 2 tablespoons orange marmalade
- ☐ 1.5 cups snow peas
- ☐ 0.3 cup teriyaki sauce

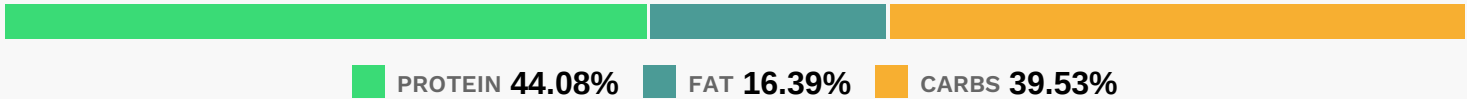
Equipment

☐ frying pan

Directions

- ☐ Spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook beef in skillet 2 to 4 minutes, stirring occasionally, until brown.
- ☐ Remove beef from skillet; keep warm.
- ☐ Add broth, stir-fry sauce, marmalade and red pepper to skillet.
- ☐ Heat to boiling. Stir in pea pods and noodles; reduce heat to medium. Cover and cook about 5 minutes or until noodles are tender.
- ☐ Stir in beef. Cook uncovered 2 to 3 minutes or until sauce is slightly thickened.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:6.36, Inflammation Score:-6, Nutrition Score:19.418260551017%

Nutrients (% of daily need)

Calories: 283.48kcal (14.17%), Fat: 5.06g (7.78%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 25.67g (9.33%), Sugar: 10.41g (11.57%), Cholesterol: 80.23mg (26.74%), Sodium: 1157.31mg (50.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.58g (61.16%), Selenium: 50.67µg (72.38%), Vitamin B3: 8.93mg (44.66%), Vitamin B6: 0.85mg (42.39%), Zinc: 5.21mg (34.76%), Phosphorus: 342.76mg (34.28%), Vitamin C: 22.55mg (27.33%), Vitamin B12: 1.55µg (25.88%), Iron: 3.69mg (20.49%), Potassium: 608.93mg (17.4%), Magnesium: 60.55mg (15.14%), Manganese: 0.3mg (14.96%), Vitamin B2: 0.24mg (14.13%), Vitamin B1: 0.2mg (13.28%), Vitamin B5: 1.24mg (12.4%), Copper: 0.23mg (11.46%), Vitamin K: 10.56µg (10.06%), Folate: 39.68µg (9.92%), Vitamin A: 429.26IU (8.59%), Fiber: 1.75g (7.01%), Calcium: 60.56mg (6.06%), Vitamin E: 0.54mg (3.61%)