



## Quick beef & broccoli noodles

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 3 extra wide egg noodles
- ☐ 1 head broccoli cut into small florets
- ☐ 1 tbsp sesame oil
- ☐ 400 g beef
- ☐ 4 servings spring onion sliced
- ☐ 3 tbsp soy sauce
- ☐ 2 tbsp oyster sauce (not oyster stir-fry sauce)
- ☐ 1 tbsp catsup

- ☐ 2 garlic clove crushed
- ☐ 1 ginger finely grated peeled
- ☐ 1 tbsp citrus champagne vinegar

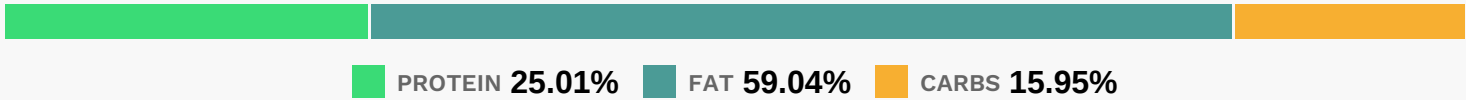
## Equipment

- ☐ bowl
- ☐ wok

## Directions

- ☐ Start by making up the sauce.
- ☐ Mix the ingredients together in a small bowl. Boil the noodles according to pack instructions. A minute before they are ready, tip in broccoli.
- ☐ Meanwhile, heat the oil in a wok until very hot, then stir-fry the beef for 2–3 mins until well browned. Tip in the sauce, give it a stir, let it simmer for a moment, then turn off the heat.
- ☐ Drain the noodles, stir into the beef and serve straight away, scattered with spring onions.

## Nutrition Facts



## Properties

Glycemic Index:38.25, Glycemic Load:2.46, Inflammation Score:-9, Nutrition Score:26.663043506767%

## Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 12mg, Kaempferol: 12mg, Kaempferol: 12mg, Kaempferol: 12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

## Nutrients (% of daily need)

Calories: 361.49kcal (18.07%), Fat: 24.19g (37.22%), Saturated Fat: 8.37g (52.3%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 10.38g (3.77%), Sugar: 3.75g (4.16%), Cholesterol: 71.63mg (23.88%), Sodium: 835.31mg (36.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.11%), Vitamin C: 137.47mg (166.63%), Vitamin K: 169.89µg (161.8%), Vitamin B12: 2.18µg (36.32%), Zinc: 4.98mg (33.17%), Vitamin B6: 0.64mg (32.15%), Phosphorus: 288.54mg (28.85%), Selenium: 20.14µg (28.77%), Folate: 114.07µg (28.52%), Vitamin B3: 5.6mg (28%), Potassium: 842.48mg (24.07%), Vitamin B2: 0.38mg (22.39%), Manganese: 0.44mg (21.79%), Vitamin A: 1029.18IU (20.58%),

Iron: 3.4mg (18.88%), Fiber: 4.32g (17.29%), Magnesium: 61.02mg (15.26%), Vitamin B5: 1.44mg (14.39%), Vitamin E: 1.8mg (11.98%), Vitamin B1: 0.17mg (11.01%), Calcium: 104.36mg (10.44%), Copper: 0.17mg (8.71%)