



Quick Veggie & Beef Noodle Bowl

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz beef broth fat-free reduced-sodium canned
- 1 lb beef sirloin steak boneless cut into thin strips
- 2 cups carrots red sliced
- 0.3 cup lite catalina dressing kraft
- 2 cups angel hair pasta hot cooked
- 1 tsp ground ginger and garlic powder

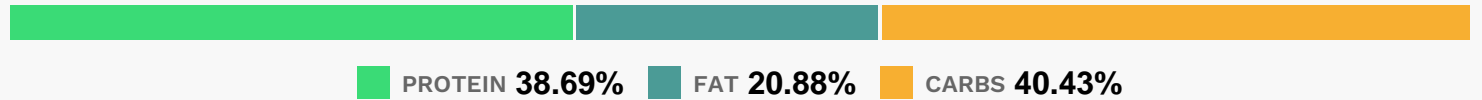
Equipment

- frying pan

Directions

- Heat dressing in large skillet on medium heat.
- Add meat and carrots; cook and stir 5 to 7 min. or until meat is done.
- Add bok choy, peppers, broth and seasonings; mix well. Bring just to boil, stirring occasionally.
- Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:1.93, Inflammation Score:-4, Nutrition Score:4.034782635129%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 54.63kcal (2.73%), Fat: 1.24g (1.91%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 4.91g (1.78%), Sugar: 1.24g (1.37%), Cholesterol: 10.7mg (3.57%), Sodium: 70.76mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin C: 15.26mg (18.49%), Selenium: 8.97µg (12.81%), Vitamin B6: 0.16mg (7.76%), Vitamin A: 373.24IU (7.46%), Vitamin B3: 1.35mg (6.74%), Zinc: 0.82mg (5.48%), Phosphorus: 48.81mg (4.88%), Manganese: 0.08mg (3.99%), Potassium: 128.17mg (3.66%), Iron: 0.52mg (2.88%), Vitamin B12: 0.17µg (2.84%), Folate: 8.73µg (2.18%), Vitamin B2: 0.03mg (2.03%), Magnesium: 8.03mg (2.01%), Fiber: 0.49g (1.95%), Vitamin B5: 0.17mg (1.71%), Vitamin E: 0.25mg (1.64%), Vitamin B1: 0.02mg (1.51%), Copper: 0.03mg (1.45%)