Ramen Stir-Fry

🥛 **Dairy Free**

READY IN	SERVINGS	CALORIES
⏰	🍽️	💧
25 min.	**4**	**352 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- [ ] 1 pound sirloin beef tips boneless
- [ ] 1 tablespoon vegetable oil
- [ ] 2 cups water
- [ ] 3 ounces japanese ramen noodles
- [ ] 16 oz savory vegetable fresh (broccoli, cauliflower, celery, carrots, snow pea pods and bell peppers) (4 cups)
- [ ] 0.3 cup sauce

Equipment

- [ ] frying pan

Directions

- [ ] Remove fat from beef.

- [ ] Cut beef into thin strips. In 12-inch skillet, heat oil over medium-high heat. Cook beef in oil 3 to 5 minutes, stirring occasionally, until brown.

- [ ] Remove beef from skillet; keep warm.

- [ ] In same skillet, heat water to boiling. Break up noodles from soup mix into water; stir until slightly softened. Stir in vegetables.

- [ ] Heat to boiling. Boil 5 to 7 minutes, stirring occasionally, until vegetables are crisp-tender. Stir in contents of seasoning packet from soup mix, stir-fry sauce and beef. Cook 3 to 5 minutes, stirring frequently, until hot.

Nutrition Facts

🟩 **PROTEIN 34.39%**   🟦 **FAT 28.34%**   🟧 **CARBS 37.27%**
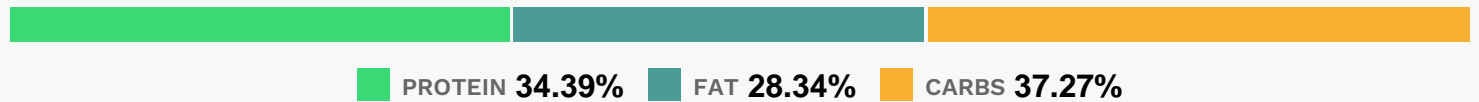
Properties

Glycemic Index:23, Glycemic Load:10.94, Inflammation Score:-10, Nutrition Score:24.005652241085%

Nutrients (% of daily need)

Calories: 351.72kcal (17.59%), Fat: 11.13g (17.12%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 27.91g (10.15%), Sugar: 3.75g (4.17%), Cholesterol: 62.37mg (20.79%), Sodium: 735.32mg (31.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.38g (60.76%), Vitamin A: 5760.91IU (115.22%), Selenium: 35.24µg (50.34%), Vitamin B3: 9.5mg (47.5%), Vitamin B6: 0.84mg (41.98%), Zinc: 5.39mg (35.91%), Phosphorus: 322.4mg (32.24%), Vitamin B1: 0.46mg (30.46%), Vitamin B12: 1.47µg (24.51%), Iron: 3.95mg (21.94%), Fiber: 5.03g (20.1%), Manganese: 0.4mg (19.92%), Potassium: 660.61mg (18.87%), Vitamin B2: 0.31mg (17.98%), Folate: 70.52µg (17.63%), Magnesium: 59.37mg (14.84%), Vitamin C: 11.86mg (14.37%), Copper: 0.27mg (13.57%), Vitamin B5: 0.96mg (9.56%), Vitamin K: 8.71µg (8.3%), Calcium: 60.74mg (6.07%), Vitamin E: 0.91mg (6.04%)