



Rice Noodles with Beef



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



507 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb available in the asian foods section of some supermarkets and at asian markets frozen
- ☐ 2 cups bean sprouts
- ☐ 1 pound flank steak sliced
- ☐ 1 inch ginger fresh grated peeled
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lime
- ☐ 5 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 bell pepper red sliced into 1/4-inch strips

- ☐ 1 tablespoon curry paste red
- ☐ 8 oz vermicelli
- ☐ 1 tablespoon rice vinegar
- ☐ 3 oz peanuts unsalted chopped
- ☐ 1 cup spring onion sliced
- ☐ 1.5 tablespoons soya sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Soak rice noodles in cold water for 15 minutes; drain.
- ☐ Add to a pot of boiling water and cook for 5 minutes.
- ☐ Drain again and set aside.
- ☐ Rinse Asian vegetables in a colander briefly with cold water; let drain thoroughly. In a small bowl, stir together garlic, ginger, soy sauce, curry paste, vinegar, lime juice and 2 Tbsp. peanut oil; set aside.
- ☐ In a large, nonstick skillet, heat 1 Tbsp. peanut oil over medium-high heat.
- ☐ Add half of beef and stir-fry for 4 minutes.
- ☐ Transfer to a plate. Repeat process with 1 Tbsp. oil and remaining beef. Keep beef warm. Wipe out pan; add remaining 1 Tbsp. oil and red pepper, then stir-fry for 2 minutes.
- ☐ Add scallions and reserved Asian vegetables and cook for 3 minutes.
- ☐ Add reserved sauce to skillet; cook for 1 minute.
- ☐ Add beef and cooked noodles and toss thoroughly to combine with sauce.
- ☐ Serve noodles in bowls with bean sprouts and peanuts, if desired.

Nutrition Facts



 PROTEIN **19.88%**  FAT **40.91%**  CARBS **39.21%**

Properties

Glycemic Index:46.17, Glycemic Load:21.77, Inflammation Score:-10, Nutrition Score:27.27304325933%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 506.5kcal (25.33%), Fat: 23.45g (36.08%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 50.57g (16.86%), Net Carbohydrates: 44.08g (16.03%), Sugar: 3.72g (4.13%), Cholesterol: 45.36mg (15.12%), Sodium: 402.67mg (17.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Vitamin A: 5029.67IU (100.59%), Vitamin C: 43.04mg (52.17%), Vitamin K: 47.95µg (45.67%), Selenium: 30.16µg (43.09%), Vitamin B3: 8.52mg (42.6%), Manganese: 0.83mg (41.73%), Vitamin B6: 0.73mg (36.26%), Phosphorus: 345.23mg (34.52%), Zinc: 4.2mg (28.03%), Fiber: 6.49g (25.94%), Folate: 89.04µg (22.26%), Vitamin E: 3.2mg (21.36%), Magnesium: 80.51mg (20.13%), Potassium: 683.07mg (19.52%), Iron: 3.22mg (17.91%), Vitamin B2: 0.27mg (15.75%), Vitamin B1: 0.24mg (15.67%), Copper: 0.3mg (15.15%), Vitamin B12: 0.69µg (11.47%), Vitamin B5: 1.05mg (10.55%), Calcium: 74.95mg (7.5%)