



Sichuan Beef with Rice Stick Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound beef sirloin
- 3 cups cabbage shredded chinese
- 1 tablespoon chile puree with garlic
- 1 tablespoon ginger root fresh chopped
- 2 green onions sliced
- 3 large mushrooms sliced
- 2 ounces rice stick noodles dry
- 2 tablespoons soya sauce

1 teaspoon vegetable oil

Equipment

frying pan

wok

Directions

Cook and drain noodles as directed on package.

Cut into 2-inch pieces.

Trim fat from beef.

Cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices.

Spray nonstick wok or 12-inch skillet with cooking spray; heat over medium-high heat until cooking spray starts to bubble.

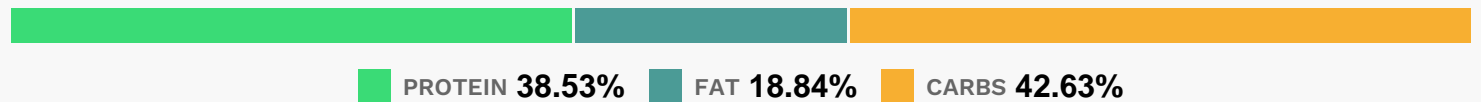
Add beef; stir-fry 2 to 3 minutes or until brown.

Add chili puree, soy sauce, gingerroot and oil; stir until well mixed.

Add mushrooms, cabbage and onions; stir-fry 1 to 2 minutes or until cabbage is crisp-tender.

Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:8.1, Inflammation Score:-5, Nutrition Score:12.637826105175%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 163.69kcal (8.18%), Fat: 3.45g (5.31%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 16.54g (6.02%), Sugar: 0.91g (1.01%), Cholesterol: 31.18mg (10.39%), Sodium: 580.01mg (25.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.76%), Selenium: 20.79µg (29.71%), Vitamin B3: 5.36mg (26.79%), Vitamin B6: 0.46mg (22.8%), Manganese: 0.45mg (22.45%), Folate: 80.31µg (20.08%),

Phosphorus: 194.64mg (19.46%), Zinc: 2.81mg (18.76%), Iron: 2.71mg (15.04%), Vitamin K: 15.11µg (14.39%), Copper: 0.29mg (14.3%), Potassium: 423.59mg (12.1%), Vitamin B2: 0.21mg (12.08%), Vitamin B12: 0.72µg (11.93%), Vitamin A: 454.5IU (9.09%), Magnesium: 33.85mg (8.46%), Vitamin C: 6.38mg (7.73%), Vitamin B5: 0.72mg (7.16%), Calcium: 64.31mg (6.43%), Vitamin B1: 0.08mg (5.65%), Fiber: 1.03g (4.13%), Vitamin E: 0.28mg (1.9%)