



 **66%**
HEALTH SCORE

Sichuan Beef with Rice Stick Noodles

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



732 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 package vermicelli (6-ounce size)
- 0.5 pound sirloin beef tips boneless
- 1 tablespoon chili puree with garlic
- 2 tablespoons soya sauce
- 1 tablespoon ginger finely chopped
- 1 teaspoon vegetable oil
- 3 large mushrooms fresh sliced
- 0.8 pound cabbage shredded chinese (napa)

2 tablespoons spring onion sliced

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



PROTEIN 33.77% **FAT 16.26%** **CARBS 49.97%**

Properties

Glycemic Index:196, Glycemic Load:41.72, Inflammation Score:-9, Nutrition Score:50.955217234466%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 731.81kcal (36.59%), Fat: 13.21g (20.32%), Saturated Fat: 3.58g (22.34%), Carbohydrates: 91.28g (30.43%), Net Carbohydrates: 78.66g (28.61%), Sugar: 14.25g (15.83%), Cholesterol: 124.74mg (41.58%), Sodium: 2347.27mg (102.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.7g (123.4%), Vitamin K: 294.16µg (280.16%),

Vitamin C: 128.57mg (155.84%), Selenium: 84.54µg (120.77%), Vitamin B6: 2.02mg (100.99%), Vitamin B3: 19.41mg (97.07%), Phosphorus: 777.07mg (77.71%), Zinc: 11.12mg (74.14%), Manganese: 1.2mg (59.81%), Folate: 202.42µg (50.6%), Fiber: 12.62g (50.48%), Potassium: 1723.14mg (49.23%), Vitamin B12: 2.86µg (47.71%), Vitamin B2: 0.8mg (47.14%), Iron: 7.94mg (44.11%), Vitamin B1: 0.52mg (34.4%), Vitamin B5: 3.38mg (33.75%), Magnesium: 128.05mg (32.01%), Copper: 0.64mg (31.86%), Calcium: 214.03mg (21.4%), Vitamin E: 1.58mg (10.55%), Vitamin A: 453.77IU (9.08%)