



Sirloin-Snap Pea Stir-fry

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup ginger fresh chopped
- ☐ 3 garlic cloves smashed
- ☐ 1 cup beef broth low-sodium
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 6 oz japanese ramen noodles
- ☐ 6 scallions sliced
- ☐ 1 tablespoon sesame oil toasted

- ☐ 1 pound rump steak boneless thinly sliced
- ☐ 1 pound sugar snap peas
- ☐ 3 tablespoons vegetable oil

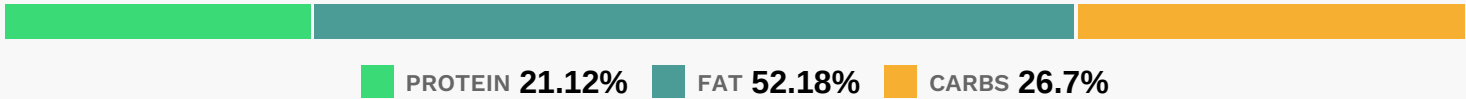
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook ramen noodles as package label directs. Discard flavoring packets.
- ☐ Drain noodles. Boil snap peas for 2 minutes.
- ☐ Drain and rinse with cold water.
- ☐ Warm 1 Tbsp. oil in a skillet over medium-high heat.
- ☐ Add steak, stir-fry for 2 minutes.
- ☐ Transfer to a plate.
- ☐ Add remaining 2 Tbsp. oil to skillet. Stir fry ginger, garlic and scallions for 1 minute.
- ☐ Whisk together broth, soy sauce and cornstarch.
- ☐ Add to skillet; stir-fry for 1 minute.
- ☐ Add peas and steak; stir until hot. Stir in sesame oil. Toss in ramen noodles.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:12.84, Inflammation Score:-9, Nutrition Score:31.297391310982%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg,

Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 647.87kcal (32.39%), Fat: 37.52g (57.72%), Saturated Fat: 12.15g (75.94%), Carbohydrates: 43.2g (14.4%), Net Carbohydrates: 38.5g (14%), Sugar: 5.83g (6.47%), Cholesterol: 63.5mg (21.17%), Sodium: 1619.72mg (70.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.16g (68.33%), Vitamin C: 72.55mg (87.94%), Vitamin K: 87.31µg (83.15%), Vitamin B12: 3.26µg (54.31%), Vitamin B1: 0.74mg (49.56%), Iron: 6.92mg (38.44%), Vitamin B6: 0.72mg (36.17%), Selenium: 24.42µg (34.88%), Phosphorus: 347.14mg (34.71%), Vitamin B3: 6.87mg (34.35%), Manganese: 0.66mg (32.76%), Zinc: 4.63mg (30.88%), Folate: 121.74µg (30.44%), Vitamin A: 1417.4IU (28.35%), Vitamin B2: 0.46mg (27.18%), Potassium: 913.14mg (26.09%), Magnesium: 77.54mg (19.38%), Fiber: 4.71g (18.84%), Copper: 0.3mg (14.91%), Vitamin E: 2.15mg (14.33%), Vitamin B5: 1.41mg (14.09%), Calcium: 90.75mg (9.08%)