



 **35%**
HEALTH SCORE

Soba with Marinated Beef and Tomatoes

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cornstarch
- 0.5 cup fat-skimmed beef broth fat-free
- 1 pound flank steak
- 1 garlic clove crushed
- 0.5 cup spring onion sliced (1-inch)
- 0.5 teaspoon soy sauce low-sodium
- 1 teaspoon oyster sauce
- 0.5 pound plum tomatoes quartered

- 0.3 teaspoon salt
- 10 ounce bulgar wheat uncooked (buckwheat noodles)
- 0.5 teaspoon sugar
- 2 teaspoons vegetable oil divided
- 1 teaspoon water

Equipment

- bowl
- frying pan

Directions

- Trim fat from steak, and cut steak diagonally across grain into thin slices.
- Combine the cornstarch, 1 teaspoon oil, water, whiskey, soy sauce, and salt in a large zip-top bag.
- Add the steak; seal and toss well to coat. Marinate in refrigerator 10 minutes.
- While steak is marinating, cook the noodles according to package directions.
- Drain noodles, and keep warm.
- Remove steak from bag, discarding the marinade.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add the green onions, and saut 30 seconds.
- Add steak, and cook 4 minutes or until steak loses its pink color.
- Remove steak from pan, and keep warm.
- Add chicken broth, sugar, and tomatoes to pan, and stir well. Cover, reduce heat, and cook 3 minutes or until thick. Stir in the steak, oyster sauce, and garlic, and cook 4 minutes or until thoroughly heated.
- Combine the beef mixture with noodles in a large bowl, and toss well.

Nutrition Facts



Properties

Glycemic Index:55.52, Glycemic Load:23.85, Inflammation Score:-8, Nutrition Score:27.876956379932%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg

Nutrients (% of daily need)

Calories: 439.75kcal (21.99%), Fat: 10.53g (16.19%), Saturated Fat: 3.24g (20.26%), Carbohydrates: 55.24g (18.41%), Net Carbohydrates: 47.12g (17.13%), Sugar: 2.33g (2.59%), Cholesterol: 68.04mg (22.68%), Sodium: 390.73mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.7g (69.4%), Vitamin B3: 12.63mg (63.16%), Selenium: 40.23µg (57.47%), Manganese: 1.04mg (51.91%), Phosphorus: 498.93mg (49.89%), Magnesium: 198.4mg (49.6%), Copper: 0.92mg (45.85%), Vitamin B6: 0.9mg (45.12%), Zinc: 6.21mg (41.41%), Vitamin K: 35.87µg (34.16%), Fiber: 8.12g (32.49%), Vitamin B2: 0.46mg (27.21%), Potassium: 896.17mg (25.6%), Iron: 3.71mg (20.62%), Vitamin B12: 1.09µg (18.25%), Vitamin B5: 1.69mg (16.89%), Folate: 53.31µg (13.33%), Vitamin C: 10.35mg (12.55%), Vitamin B1: 0.19mg (12.33%), Vitamin A: 597IU (11.94%), Vitamin E: 0.89mg (5.94%), Calcium: 54.54mg (5.45%)