



Spicy Asian Beef and Snow Pea Soup



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby carrots whole cut into thin strips
- ☐ 1 pound beef sirloin steak boneless cut into thin strips
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 3 cloves garlic minced
- ☐ 4 cups less sodium beef broth 50% swanson®
- ☐ 2 cups jasmine noodles hot rice or chinese-style cooked
- ☐ 1 medium onion sliced cut in half and

- ☐ 4 ounces snow peas fresh cut into thin strips
- ☐ 1 tablespoon soya sauce

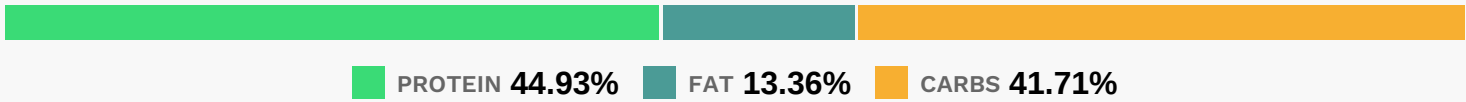
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Spray a 12-inch skillet with cooking spray.
- ☐ Heat over medium-high heat for 1 minute.
- ☐ Add the beef and stir-fry until it's well browned, stirring often.
- ☐ Remove the beef from the skillet with a slotted spoon.
- ☐ Add the carrots, peas, onion, garlic and ginger to the skillet. Stir-fry until the vegetables are tender-crisp.
- ☐ Stir the broth, soy sauce, red pepper into the skillet.
- ☐ Heat to a boil. Return the beef to the skillet and reduce the heat to low. Cook for 5 minutes.
- ☐ Spoon 1/3 cup of the rice in each of 6 serving bowls. Divide the soup mixture among the bowls.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:16.51, Inflammation Score:-9, Nutrition Score:15.534347928089%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 202.42kcal (10.12%), Fat: 2.94g (4.52%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 18.91g (6.87%), Sugar: 2.67g (2.96%), Cholesterol: 44.6mg (14.87%), Sodium: 523.67mg (22.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.47%), Vitamin A: 3172.52IU (63.45%), Selenium: 27.91µg (39.88%), Vitamin B6: 0.63mg (31.33%), Vitamin B3: 5.5mg (27.51%), Zinc: 3.44mg (22.92%), Potassium: 742.29mg (21.21%), Phosphorus: 210.31mg (21.03%), Manganese: 0.4mg (20.15%), Vitamin C: 13.78mg (16.7%), Vitamin B12: 0.71µg (11.84%), Iron: 2.06mg (11.46%), Vitamin B5: 0.97mg (9.73%), Magnesium: 34.41mg (8.6%), Vitamin B2: 0.13mg (7.81%), Vitamin B1: 0.12mg (7.71%), Copper: 0.15mg (7.5%), Vitamin K: 7.75µg (7.38%), Folate: 29.33µg (7.33%), Fiber: 1.74g (6.96%), Calcium: 44.85mg (4.48%), Vitamin E: 0.35mg (2.31%)