



Spicy Beef Stir-Fry (Cooking for 2)

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth flavored progresso® (from 32-ounce carton)
- ☐ 0.5 pound flank steak
- ☐ 2 teaspoons chili sauce with garlic chinese
- ☐ 2 cups soba noodles hot cooked
- ☐ 2 teaspoons cornstarch
- ☐ 1 cup snow peas chinese ()
- ☐ 2 teaspoons soya sauce
- ☐ 2 teaspoons vegetable oil

☐ 1 medium to 3 sized squashes yellow cut into 1/4-inch slices (1 1/2 cups)

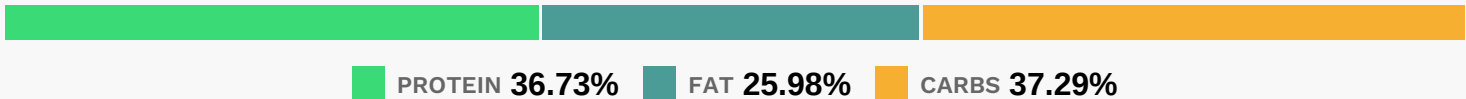
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix cornstarch, soy sauce and chili sauce; set aside.
- ☐ Heat wok or 10-inch nonstick skillet over high heat.
- ☐ Add 1 teaspoon of the oil; rotate wok to coat bottom and side.
- ☐ Add beef; stir-fry 2 to 3 minutes or until beef is brown.
- ☐ Remove beef from wok.
- ☐ Add remaining 1 teaspoon oil to wok; rotate wok.
- ☐ Add squash; stir-fry 1 minute.
- ☐ Add broth; reduce heat to low. Cover and cook about 3 minutes or until squash is tender. Stir in cornstarch mixture, pea pods and beef. Stir-fry over high heat about 2 minutes or until pea pods are crisp-tender.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:23.513478071793%

Nutrients (% of daily need)

Calories: 364.28kcal (18.21%), Fat: 10.71g (16.48%), Saturated Fat: 3.19g (19.94%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 32.06g (11.66%), Sugar: 4.88g (5.43%), Cholesterol: 68.04mg (22.68%), Sodium: 757.96mg (32.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.07g (68.14%), Vitamin C: 46.86mg (56.8%), Vitamin B6: 1.05mg (52.48%), Selenium: 34.57µg (49.39%), Vitamin B3: 9.2mg (46%), Manganese: 0.77mg (38.34%), Phosphorus: 339.23mg (33.92%), Zinc: 4.93mg (32.88%), Potassium: 845.03mg (24.14%), Vitamin K: 25.09µg (23.89%), Iron: 3.95mg (21.95%), Vitamin B2: 0.36mg (21.39%), Vitamin B1: 0.32mg (21.24%), Folate:

74.45µg (18.61%), Vitamin B12: 1.07µg (17.9%), Magnesium: 67.89mg (16.97%), Vitamin B5: 1.54mg (15.36%), Vitamin A: 762.63IU (15.25%), Fiber: 2.54g (10.15%), Copper: 0.2mg (9.81%), Vitamin E: 1.1mg (7.34%), Calcium: 69.98mg (7%)