



WHATSheATE



Stir-Fried Beef with Noodles



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups broccoli florets
- ☐ 2 tablespoons fish sauce
- ☐ 1 pound flank steak cut into thin strips
- ☐ 1 tablespoon ginger fresh finely chopped
- ☐ 2 cloves garlic chopped
- ☐ 2 cups chicken broth low-sodium
- ☐ 2 tablespoons curry paste green red
- ☐ 8 ounces pad thai rice noodles

- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons vegetable oil

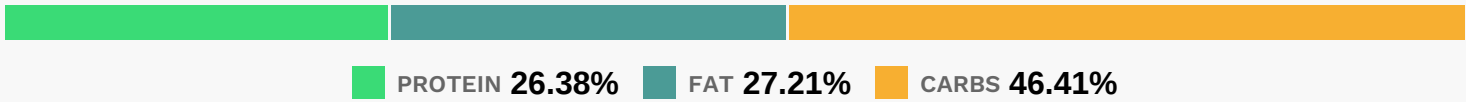
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a pot of salted water to a boil.
- ☐ Add broccoli and rice noodles; cook until just tender, about 4 minutes.
- ☐ Drain; rinse under cold water. In a medium bowl, whisk together broth, curry paste and fish sauce.
- ☐ In a large skillet, warm oil over high heat. Season beef with salt and pepper; add to skillet in a single layer. Cook, stirring, until no longer pink, about 4 minutes.
- ☐ Transfer to a bowl.
- ☐ Add ginger and garlic to skillet; saut 30 seconds.
- ☐ Add broth mixture, beef, noodles and broccoli to skillet and saut until sauce thickens and ingredients are heated through.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:27.91, Inflammation Score:-9, Nutrition Score:26.619565051535%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 479.35kcal (23.97%), Fat: 14.32g (22.03%), Saturated Fat: 4g (25.01%), Carbohydrates: 54.95g (18.32%), Net Carbohydrates: 51.92g (18.88%), Sugar: 2.22g (2.46%), Cholesterol: 68.04mg (22.68%), Sodium: 1122.12mg (48.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.23g (62.46%), Vitamin K: 83.51µg (79.53%), Vitamin C: 62.11mg (75.28%), Selenium: 44.76µg (63.95%), Vitamin B3: 9.47mg (47.35%), Vitamin B6: 0.88mg (44.14%), Phosphorus: 399.78mg (39.98%), Zinc: 5.2mg (34.68%), Vitamin A: 1607.66IU (32.15%), Manganese: 0.49mg (24.44%), Potassium: 760.08mg (21.72%), Vitamin B12: 1.19µg (19.89%), Iron: 3.19mg (17.74%), Folate: 64.27µg (16.07%), Magnesium: 64.15mg (16.04%), Vitamin B2: 0.26mg (15.45%), Fiber: 3.03g (12.1%), Copper: 0.23mg (11.69%), Vitamin B5: 1.16mg (11.58%), Vitamin B1: 0.15mg (10.15%), Vitamin E: 1.42mg (9.49%), Calcium: 88.3mg (8.83%)