



Stir-Fried Rice Noodles with Beef and Spinach

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

READY IN



24 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce baby spinach washed
- 1 tablespoon canola oil
- 1 tablespoon sesame oil dark
- 2 teaspoons ginger fresh grated peeled
- 2 garlic clove finely minced
- 1 cup spring onion thinly sliced
- 1 tablespoon juice of lime fresh
- 3 tablespoons soy sauce

- 6 ounces rice uncooked (rice-flour noodles)
- 2 tablespoons rice vinegar
- 0.3 teaspoon salt
- 2 teaspoons sesame seed toasted
- 2 cups mushroom caps sliced
- 2 teaspoons sriracha hot (chile sauce)
- 0.7 pound beef top sirloin steaks cut into thin strips

Equipment

- bowl
- frying pan
- whisk
- wok

Directions

- Cook noodles according to package directions, omitting salt and fat.
- Drain and rinse under cold water; drain.
- Heat a large skillet or wok over high heat.
- Add canola oil to pan; swirl to coat.
- Add onions and steak; stir-fry 1 minute.
- Add mushrooms and garlic; stir-fry 1 minute.
- Add spinach; stir-fry 1 minute or until greens wilt.
- Combine rice vinegar and the next 4 ingredients (through Sriracha) in a small bowl, stirring with a whisk.
- Add vinegar mixture to steak mixture; cook 30 seconds, stirring constantly. Stir in noodles, sesame oil, and salt; cook for 1 minute or until noodles are thoroughly heated, tossing to combine.
- Sprinkle with sesame seeds.

Nutrition Facts



■ PROTEIN 26.04% ■ FAT 25.94% ■ CARBS 48.02%

Properties

Glycemic Index:71.8, Glycemic Load:22.79, Inflammation Score:-10, Nutrition Score:33.181739091873%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 387.51kcal (19.38%), Fat: 11.28g (17.36%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 41.75g (15.18%), Sugar: 3.69g (4.1%), Cholesterol: 44.6mg (14.87%), Sodium: 723.16mg (31.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.95%), Vitamin K: 261.08µg (248.65%), Vitamin A: 4242.09IU (84.84%), Manganese: 1.26mg (63.08%), Selenium: 37.39µg (53.41%), Vitamin B3: 10.6mg (53.01%), Vitamin B6: 1.03mg (51.28%), Phosphorus: 394.97mg (39.5%), Zinc: 5.17mg (34.49%), Folate: 133.32µg (33.33%), Potassium: 1033.14mg (29.52%), Vitamin B2: 0.49mg (28.98%), Vitamin B5: 2.72mg (27.24%), Magnesium: 102.29mg (25.57%), Vitamin C: 19.79mg (23.99%), Copper: 0.44mg (22.19%), Iron: 3.9mg (21.66%), Fiber: 5.24g (20.95%), Vitamin E: 1.99mg (13.25%), Vitamin B12: 0.71µg (11.84%), Vitamin B1: 0.17mg (11.2%), Calcium: 108.38mg (10.84%), Vitamin D: 0.45µg (3.01%)