



Thai Beef Noodle Bowls



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 lb beef top sirloin steaks thinly sliced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1 cup onion thinly sliced
- ☐ 2 tablespoons ginger finely chopped
- ☐ 2 jalapeno seeded chopped
- ☐ 2 large cloves garlic finely chopped

- ☐ 3 cups water
- ☐ 3 cups chicken broth reduced-sodium
- ☐ 2 tablespoons soy sauce reduced-sodium
- ☐ 1.5 cups cabbage chinese thinly sliced (napa)
- ☐ 8 oz shirataki drained and rinsed spaghetti style well
- ☐ 6 mint leaves fresh
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 6 tablespoons spring onion thinly sliced (5 to 6 medium)
- ☐ 1 lime cut into 6 pieces

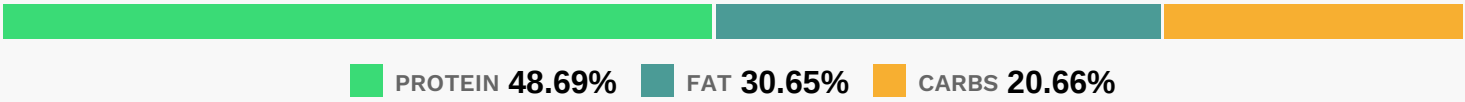
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ In 5-quart Dutch oven, heat oil over medium-high heat.
- ☐ Sprinkle beef with pepper and salt. Cook beef in oil, stirring occasionally, until brown on all sides. Using slotted spoon, remove from pan to bowl (leave juices in pan). Cover and keep warm.
- ☐ Reduce heat to medium.
- ☐ Add onion, gingerroot and chiles. Cook 5 to 7 minutes, stirring occasionally, until onion is tender.
- ☐ Add garlic; cook 1 minute, scraping up any beef bits on bottom of pan.
- ☐ Add water, chicken broth and soy sauce; heat to boiling.
- ☐ Add cabbage and noodles, stirring well to separate noodles.
- ☐ Add beef; cook uncovered, stirring occasionally, until heated through. Top each serving with 1 mint leaf, 1 teaspoon cilantro, 1 tablespoon onions and 1 piece lime.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.39, Inflammation Score:-5, Nutrition Score:13.56304364619%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 4.9mg, Hesperetin: 4.9mg, Hesperetin: 4.9mg, Hesperetin: 4.9mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 171.53kcal (8.58%), Fat: 5.87g (9.03%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 7.18g (2.61%), Sugar: 2.44g (2.71%), Cholesterol: 44.6mg (14.87%), Sodium: 378.96mg (16.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.94%), Vitamin B3: 6.8mg (33.99%), Selenium: 23.76µg (33.95%), Vitamin B6: 0.59mg (29.75%), Vitamin K: 29.96µg (28.53%), Vitamin C: 19.07mg (23.12%), Phosphorus: 224.87mg (22.49%), Zinc: 3.35mg (22.32%), Potassium: 520.66mg (14.88%), Vitamin B12: 0.83µg (13.81%), Iron: 1.94mg (10.8%), Vitamin B2: 0.17mg (9.91%), Copper: 0.18mg (9.11%), Magnesium: 33.14mg (8.29%), Manganese: 0.16mg (8.21%), Folate: 32.3µg (8.07%), Fiber: 1.72g (6.88%), Vitamin B5: 0.64mg (6.42%), Vitamin B1: 0.09mg (6.26%), Vitamin E: 0.91mg (6.07%), Calcium: 53.7mg (5.37%), Vitamin A: 185.87IU (3.72%)