



Thai Peanut Beef and Pea Pods Over Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



794 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz pasta like spaghetti uncooked thin
- 1 lb ground beef 80% lean (at least)
- 0.3 cup spring onion chopped
- 3 cups snow peas fresh halved
- 1 bell pepper red cut into 3x1/4x1/4-inch thin strips
- 1.5 cups chicken broth
- 0.3 teaspoon ground pepper red (cayenne)
- 0.3 teaspoon salt

- 2 teaspoons cornstarch
- 0.5 cup peanut butter
- 0.3 cup roasted peanuts salted chopped

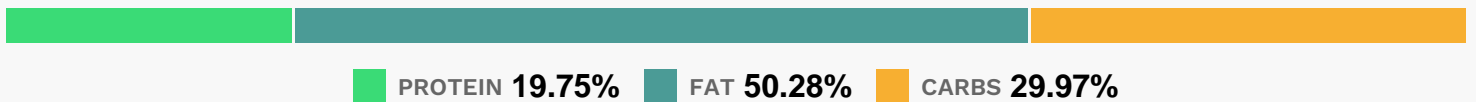
Equipment

- bowl
- frying pan

Directions

- Cook and drain spaghetti as directed on package; cover to keep warm.
- Meanwhile, in 12-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- Add onions, pea pods and bell pepper. Cook and stir 3 to 4 minutes or until vegetables are crisp-tender.
- In small bowl, mix broth, ground red pepper, salt and cornstarch. Stir into beef and vegetables.
- Add peanut butter. Cook 1 to 2 minutes, stirring frequently, until thick and bubbly.
- Serve over cooked spaghetti; top with peanuts.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:18.29, Inflammation Score:-9, Nutrition Score:36.52695663079%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 793.85kcal (39.69%), Fat: 44.95g (69.15%), Saturated Fat: 12.87g (80.43%), Carbohydrates: 60.29g (20.1%), Net Carbohydrates: 53.38g (19.41%), Sugar: 9.63g (10.7%), Cholesterol: 82.28mg (27.43%), Sodium: 734.79mg (31.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.72g (79.45%), Vitamin C: 83.45mg

(101.15%), Selenium: 55.82µg (79.75%), Manganese: 1.49mg (74.28%), Vitamin B3: 12.38mg (61.89%), Phosphorus: 484mg (48.4%), Zinc: 6.9mg (46.03%), Vitamin B6: 0.82mg (41.22%), Vitamin B12: 2.44µg (40.74%), Vitamin A: 1846.5IU (36.93%), Magnesium: 142.73mg (35.68%), Vitamin K: 35.07µg (33.4%), Iron: 5.53mg (30.72%), Vitamin E: 4.33mg (28.86%), Fiber: 6.92g (27.66%), Potassium: 930.78mg (26.59%), Folate: 106.06µg (26.52%), Copper: 0.51mg (25.57%), Vitamin B2: 0.41mg (24.32%), Vitamin B1: 0.32mg (21.46%), Vitamin B5: 1.94mg (19.41%), Calcium: 99.25mg (9.93%)