



Thai-Style Grilled Beef with Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp agave nectar/honey
- ☐ 1 Tbs schwartz perfect shake thai 7 spice
- ☐ 250 g beef steak
- ☐ 2 tsp brown sugar
- ☐ 2 servings extra wide egg noodles or any other noodles you prefer)
- ☐ 1 tsp fish sauce
- ☐ 0.5 bulb garlic finely chopped
- ☐ 1 tsp ginger grated

- ☐ 1.5 Tbs soya sauce light to taste (or)
- ☐ 1 Tbs olive oil
- ☐ 1 tsp sesame oil
- ☐ 1 stalk spring onion sliced
- ☐ 2 tsp vinegar (I used cider vinegar)

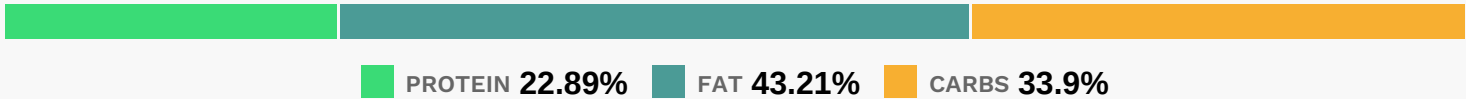
Equipment

- ☐ bowl

Directions

- ☐ Mix together all ingredients for beef marinade in a bowl and set aside.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:17.54, Inflammation Score:-6, Nutrition Score:27.456521708032%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 613.29kcal (30.66%), Fat: 29.78g (45.81%), Saturated Fat: 9.93g (62.06%), Carbohydrates: 52.55g (17.52%), Net Carbohydrates: 47.26g (17.18%), Sugar: 7.33g (8.14%), Cholesterol: 123.29mg (41.1%), Sodium: 1070.86mg (46.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.5g (71%), Selenium: 75.59µg (107.99%), Vitamin K: 65.83µg (62.69%), Zinc: 7.79mg (51.93%), Manganese: 0.96mg (48.05%), Vitamin B3: 8.31mg (41.57%), Vitamin B6: 0.76mg (37.98%), Vitamin B12: 2.25µg (37.53%), Iron: 6.46mg (35.89%), Phosphorus: 347.93mg (34.79%), Vitamin B2: 0.42mg (24.83%), Magnesium: 91.72mg (22.93%), Fiber: 5.3g (21.18%), Potassium: 633.85mg (18.11%), Vitamin E: 2.67mg (17.77%), Copper: 0.34mg (17.1%), Calcium: 159.31mg (15.93%), Vitamin B1: 0.24mg (15.72%), Folate: 46.5µg (11.63%), Vitamin B5: 0.65mg (6.48%), Vitamin A: 239.42IU (4.79%), Vitamin C: 2.18mg (2.65%), Vitamin D: 0.29µg (1.95%)