

# Asian Pasta Salad with Beef, Broccoli and Bean Sprouts

Yield: 8 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-roast-beef-salad-recipe>

## Ingredients:

- 3 garlic cloves medium, minced
- 6 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon sugar
- 1 tablespoon sesame oil
- 1 teaspoon ground ginger
- 3/4 teaspoon hot red pepper flakes
- 2 tablespoons mayonnaise
- 1/4 cup vegetable oil
- 2 tablespoons salt
- 1 pound penne pasta
- 8 ounces broccoli florets
- 1 pound deli roast beef rare, sliced 1/8 inch thick and cut into bite-size strips
- 3 carrots medium, peeled and coarsely grated
- 1 red bell pepper medium, cut into bite-size strips
- 2 cups bean sprouts
- 3 green onions thinly sliced
- 1 cup honey roasted peanuts or chopped roasted
- 1/4 cup chopped fresh cilantro

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 30 milligrams
4. Fat: 22 grams
5. Fiber: 6 grams
6. Protein: 23 grams

7. SaturatedFat: 2.5 grams
  8. Sodium: 3160 milligrams
  9. Sugar: 6 grams
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