



Asian Ground Beef and Pepper Saute



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup beef stock
- ☐ 1 teaspoon chile paste
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons ginger root fresh minced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 large cloves garlic thinly sliced
- ☐ 1 bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 cup jasmine rice dry
- ☐ 1 pound ground beef lean
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 cups water
- ☐ 0.5 teaspoon worcestershire sauce

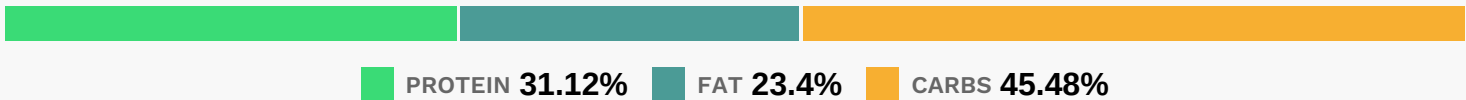
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, bring the rice and water to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ In a skillet over medium heat, cook and stir the ground beef until evenly browned.
- ☐ Drain, and set aside.
- ☐ Heat the olive oil in the skillet over medium heat. Stir in the red bell pepper, green bell pepper, parsley, garlic and ginger. Season with red pepper, salt, and pepper. Cook and stir until tender.
- ☐ Return the beef to the skillet.
- ☐ Mix in the beef stock, soy sauce, chile paste, and Worcestershire sauce. Cook and stir until thickened and heated through.
- ☐ Serve over the cooked rice.

Nutrition Facts



Properties

Glycemic Index:53.05, Glycemic Load:22.99, Inflammation Score:-8, Nutrition Score:25.017391173736%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 381.95kcal (19.1%), Fat: 9.73g (14.97%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 42.56g (14.19%), Net Carbohydrates: 40.49g (14.72%), Sugar: 2.42g (2.69%), Cholesterol: 70.31mg (23.44%), Sodium: 419.15mg (18.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.12g (58.23%), Vitamin C: 67.93mg (82.34%), Vitamin K: 68.06µg (64.82%), Zinc: 6.54mg (43.59%), Vitamin B12: 2.54µg (42.34%), Selenium: 27.24µg (38.91%), Vitamin B3: 7.71mg (38.54%), Vitamin B6: 0.72mg (36.04%), Manganese: 0.66mg (32.93%), Phosphorus: 310.02mg (31%), Vitamin A: 1398.41IU (27.97%), Iron: 3.78mg (20.98%), Potassium: 658.31mg (18.81%), Vitamin B2: 0.27mg (15.99%), Vitamin B5: 1.37mg (13.67%), Copper: 0.27mg (13.31%), Magnesium: 52.45mg (13.11%), Vitamin E: 1.56mg (10.41%), Folate: 34.46µg (8.62%), Vitamin B1: 0.13mg (8.51%), Fiber: 2.07g (8.27%), Calcium: 44.76mg (4.48%)