



Asian Pepper Steak

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb beef top sirloin steaks trimmed (1/)
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons vegetable oil
- ☐ 2 bell pepper seeded sliced
- ☐ 1 onion sliced
- ☐ 2 cloves garlic finely chopped

- ☐ 1 tablespoon brown sugar packed
- ☐ 3 tablespoons soya sauce
- ☐ 2 teaspoons sesame oil toasted
- ☐ 12 cherry tomatoes halved
- ☐ 1.5 cups rice hot cooked
- ☐ 1 spring onion thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Slice beef into thin 2-inch-long strips; place in medium bowl.
- ☐ Add flour, salt and pepper; toss until beef is coated with flour.
- ☐ Heat wok or 12-inch skillet over medium-high heat.
- ☐ Add 1 tablespoon of the vegetable oil.
- ☐ Add beef; cook and stir 3 to 4 minutes or until browned.
- ☐ Remove beef from wok.
- ☐ Add remaining tablespoon vegetable oil, the bell peppers and onion; cook and stir 2 to 3 minutes or until vegetables begin to sweat.
- ☐ Return beef to wok; add garlic. Cook 2 to 3 minutes, stirring occasionally.
- ☐ In small bowl, stir together brown sugar, soy sauce and sesame oil until brown sugar is dissolved.
- ☐ Add sauce and cherry tomatoes to beef and vegetables; stir. Cook 2 to 3 minutes or until sauce is thickened, beef is cooked to desired doneness, and vegetables are tender.
- ☐ Divide rice and pepper steak among 4 bowls. Top with green onion.

Nutrition Facts



 PROTEIN **33.07%**  FAT **32.96%**  CARBS **33.97%**

Properties

Glycemic Index:88, Glycemic Load:20.58, Inflammation Score:-9, Nutrition Score:25.573478180429%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 364.32kcal (18.22%), Fat: 13.29g (20.45%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 30.81g (10.27%), Net Carbohydrates: 28.2g (10.26%), Sugar: 8.19g (9.11%), Cholesterol: 66.9mg (22.3%), Sodium: 1119.62mg (48.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (60.01%), Vitamin C: 90.86mg (110.13%), Selenium: 40.84µg (58.34%), Vitamin B6: 1.06mg (53.18%), Vitamin B3: 9.13mg (45.67%), Vitamin A: 2143.61IU (42.87%), Zinc: 5.2mg (34.64%), Phosphorus: 325.77mg (32.58%), Manganese: 0.58mg (28.82%), Vitamin K: 24.92µg (23.74%), Potassium: 753.08mg (21.52%), Vitamin B12: 1.07µg (17.77%), Iron: 3.12mg (17.33%), Folate: 63.62µg (15.91%), Vitamin B2: 0.25mg (14.53%), Vitamin E: 2.18mg (14.51%), Magnesium: 54.95mg (13.74%), Vitamin B5: 1.34mg (13.37%), Vitamin B1: 0.19mg (12.5%), Copper: 0.22mg (10.92%), Fiber: 2.61g (10.44%), Calcium: 58.05mg (5.81%)