



Asian Steak Topped with Bell Pepper Stir-Fry



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 2 tablespoons chili sauce thai-style
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 4 green onions chopped
- ☐ 1 medium onion halved sliced
- ☐ 2 medium bell peppers red
- ☐ 1.5 tablespoons soya sauce

- ☐ 20 ounce new york steaks
- ☐ 1.5 tablespoons vegetable oil divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375°F.
- ☐ Whisk chili sauce, soysauce, balsamic vinegar, and ginger in medium bowl; add steaks and turn to coat.
- ☐ Let marinate at room temperature 15 minutes, turning occasionally.
- ☐ Heat 1/2 tablespoon vegetable oil in large ovenproof skillet over medium-high heat. Scrape most of marinade off steaks and back into bowl.
- ☐ Sprinkle steaks with salt and pepper; add to skillet and cook until browned, about 3 minutes. Turn steak over and transfer skillet to oven. Roast until cooked to desired doneness, about 5 minutes longer for medium-rare.
- ☐ Transfer steaks to cutting board; let rest 10 minutes.
- ☐ Meanwhile, heat remaining 1 tablespoon vegetable oil in heavy medium skillet over medium-high heat.
- ☐ Add onion and bell peppers; sauté until crisp-tender, about 3 minutes.
- ☐ Add green onions and all remaining marinade from steaks. Bring to boil. Stir in cilantro.
- ☐ Cut steaks crosswise in half. Divide steaks among 4 plates. Spoon vegetables over steaks and serve.
- ☐ *A sweet-hot Thai-style condiment used in marinades and sauces; available in the Asian foods section of some supermarkets and at Asian markets.
- ☐ Bon Appétit

Nutrition Facts

 **PROTEIN 31.43%**  **FAT 58.74%**  **CARBS 9.83%**

Properties

Glycemic Index:50.75, Glycemic Load:1.79, Inflammation Score:-9, Nutrition Score:24.942174079626%

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: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

Nutrients (% of daily need)

Calories: 384.64kcal (19.23%), Fat: 25.42g (39.11%), Saturated Fat: 9.75g (60.94%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 7.24g (2.63%), Sugar: 5.47g (6.07%), Cholesterol: 86.47mg (28.82%), Sodium: 558.29mg (24.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.6g (61.2%), Vitamin C: 82.24mg (99.69%), Zinc: 7.57mg (50.47%), Selenium: 35.02µg (50.02%), Vitamin A: 2190.36IU (43.81%), Vitamin K: 45.96µg (43.77%), Vitamin B6: 0.81mg (40.46%), Vitamin B3: 8.03mg (40.17%), Vitamin B12: 2.35µg (39.22%), Vitamin B2: 0.43mg (25.03%), Phosphorus: 246.45mg (24.65%), Potassium: 638.13mg (18.23%), Iron: 3.21mg (17.84%), Vitamin B1: 0.19mg (12.56%), Folate: 47.77µg (11.94%), Magnesium: 46.91mg (11.73%), Vitamin E: 1.63mg (10.84%), Fiber: 2.34g (9.36%), Manganese: 0.17mg (8.45%), Copper: 0.17mg (8.38%), Calcium: 34.08mg (3.41%), Vitamin B5: 0.27mg (2.7%)