



HEALTH SCORE

64%

Aussie Beef and Peppers with Gnocchi



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce button mushrooms fresh sliced
- ☐ 14.4 ounce canned tomatoes diced canned
- ☐ 1 pound flank steak cut into strips
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion thinly sliced
- ☐ 1 pound potato gnocchi
- ☐ 1 bell pepper red cut into strips

- ☐ 1 teaspoon paprika smoked sweet
- ☐ 1 bell pepper yellow cut into strips

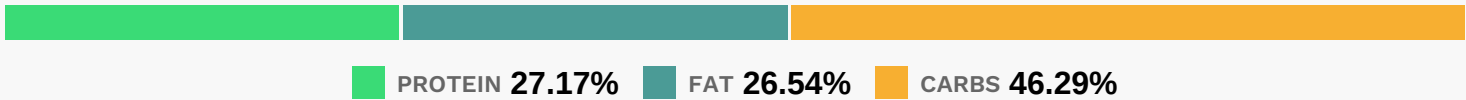
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Heat olive oil in a skillet over high heat.
- ☐ Add beef and cook until browned, about 2 minutes.
- ☐ Transfer the beef to a bowl and cover with plastic wrap to keep warm. Reserve the oil in the skillet.
- ☐ Reduce heat to medium, then stir in the onion and garlic, and cook until transparent, about 5 minutes. Toss in the mushrooms, red peppers, and yellow peppers and cook until tender, another 5 minutes. Stir in the tomatoes and paprika; bring to a boil over medium-high heat. Reduce heat to low and simmer until sauce thickens, about 5 minutes.
- ☐ Combine the beef with the tomato mixture and stir.
- ☐ Meanwhile, bring a large pot of lightly salted water to a boil over high heat.
- ☐ Add gnocchi and cook until they float, 2 to 3 minutes.
- ☐ Drain, then toss the gnocchi in the sauce and serve.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:28.99, Inflammation Score:-9, Nutrition Score:28.0099999993055%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 472.25kcal (23.61%), Fat: 14.22g (21.88%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 55.81g (18.6%), Net Carbohydrates: 49.28g (17.92%), Sugar: 7.81g (8.67%), Cholesterol: 68.04mg (22.68%), Sodium: 584.86mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.76g (65.52%), Vitamin C: 105.23mg (127.55%), Selenium: 38.41µg (54.88%), Vitamin B6: 1.07mg (53.65%), Vitamin B3: 10.49mg (52.44%), Iron: 7.85mg (43.6%), Zinc: 5.04mg (33.61%), Phosphorus: 323.86mg (32.39%), Vitamin A: 1457.29IU (29.15%), Potassium: 1001.42mg (28.61%), Fiber: 6.53g (26.14%), Vitamin B2: 0.4mg (23.62%), Copper: 0.46mg (22.91%), Vitamin E: 3.24mg (21.59%), Vitamin B5: 1.83mg (18.3%), Vitamin B12: 1.05µg (17.48%), Manganese: 0.34mg (17.17%), Folate: 62.15µg (15.54%), Vitamin B1: 0.23mg (15.52%), Magnesium: 60.15mg (15.04%), Vitamin K: 12.97µg (12.35%), Calcium: 96.72mg (9.67%)