



 **61%**
HEALTH SCORE

Beef and Pepper Stir-Fry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.5 teaspoon pepper black
- 2 cups rice long-grain cooked
- 0.5 teaspoon basil dried
- 2 garlic cloves minced
- 3 medium size bell peppers green seeded cut into 1/4-inch-wide strips
- 1 teaspoon olive oil
- 0.3 teaspoon salt

1 pound rump steak boneless lean

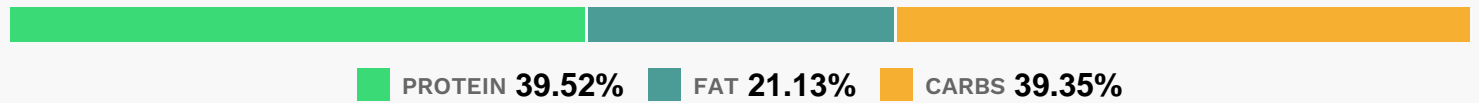
Equipment

frying pan

Directions

- Trim fat from steak. Slice steak diagonally across grain into 1/4-inch-thick strips.
- Cut strips into 2-inch pieces; set aside.
- Add oil to a large nonstick skillet, and place over medium-high heat until hot.
- Add meat, garlic, and next 3 ingredients; cook 4 minutes, stirring often.
- Remove from pan, and set aside.
- Add bell pepper strips to pan; cook 6 minutes or until tender, stirring often. Return meat to pan, and add vinegar. Cook 2 minutes or until thoroughly heated. Spoon meat mixture over rice.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:24.69, Inflammation Score:-6, Nutrition Score:20.62652172213%

Flavonoids

Luteolin: 4.2mg, Luteolin: 4.2mg, Luteolin: 4.2mg, Luteolin: 4.2mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 289.15kcal (14.46%), Fat: 6.63g (10.2%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 25.82g (9.39%), Sugar: 2.8g (3.11%), Cholesterol: 69.17mg (23.06%), Sodium: 214.79mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.82%), Vitamin C: 72.23mg (87.55%), Selenium: 35.07µg (50.1%), Vitamin B6: 0.98mg (48.8%), Vitamin B3: 9.18mg (45.89%), Zinc: 5.23mg (34.87%), Phosphorus: 288.08mg (28.81%), Manganese: 0.57mg (28.62%), Vitamin B12: 1.35µg (22.49%), Potassium: 588.8mg (16.82%), Iron: 2.51mg (13.93%), Magnesium: 46.66mg (11.67%), Vitamin B5: 1.15mg (11.49%), Vitamin K: 11.26µg (10.72%), Copper: 0.21mg (10.39%), Vitamin B2: 0.16mg (9.42%), Vitamin B1: 0.14mg (9.28%), Fiber: 1.98g (7.9%), Vitamin A: 332.66IU (6.65%), Folate: 26.51µg (6.63%), Vitamin E: 0.9mg (5.98%), Calcium: 56.38mg (5.64%)