



Beef, Pepper, and Shiitake Mushroom Stir-Fry



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup no-salt-added beef broth
- ☐ 6 ounces beef tenderloin cut into 1/2-inch strips
- ☐ 1.5 cups rice hot cooked
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon basil fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup bell pepper green cut into 1/4-inch strips
- ☐ 1 teaspoon olive oil divided

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup bell pepper red cut into 1/4-inch strips
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shallots sliced
- ☐ 2 cups shiitake mushroom caps sliced (1 [3.5-ounce] package)
- ☐ 0.5 cup bell pepper yellow cut into 1/4-inch strips

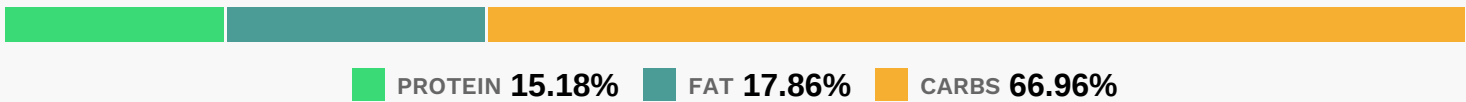
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 1/2 teaspoon oil in a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add beef; stir-fry 2 minutes.
- ☐ Remove beef from skillet; set aside. Wipe skillet clean with a paper towel.
- ☐ Heat 1/2 teaspoon oil in skillet.
- ☐ Add sliced shallots, bell pepper strips, and minced garlic, and stir-fry 1 minute.
- ☐ Add mushrooms, and stir-fry 2 minutes. Stir in wine, and cook 1 minute.
- ☐ Add broth; reduce heat, and simmer 3 minutes. Return beef to skillet, and cook 1 minute. Stir in chopped basil, salt, and pepper.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:180, Glycemic Load:42.54, Inflammation Score:-9, Nutrition Score:32.195652028789%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 406.45kcal (20.32%), Fat: 8g (12.3%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 67.49g (22.5%), Net Carbohydrates: 57.55g (20.93%), Sugar: 12.89g (14.32%), Cholesterol: 15.26mg (5.09%), Sodium: 668.86mg (29.08%), Alcohol: 3.09g (100%), Alcohol %: 0.59% (100%), Protein: 15.3g (30.6%), Vitamin C: 159.93mg (193.85%), Manganese: 1.54mg (77.13%), Vitamin B6: 1.39mg (69.29%), Vitamin B3: 11.34mg (56.7%), Vitamin B5: 4.45mg (44.48%), Phosphorus: 411.93mg (41.19%), Selenium: 28.68µg (40.97%), Fiber: 9.94g (39.76%), Vitamin B2: 0.62mg (36.71%), Potassium: 1278.42mg (36.53%), Copper: 0.58mg (28.93%), Vitamin A: 1435.51IU (28.71%), Zinc: 4.26mg (28.37%), Magnesium: 93.66mg (23.42%), Folate: 86.16µg (21.54%), Iron: 3.04mg (16.87%), Vitamin B1: 0.17mg (11.21%), Vitamin K: 11.01µg (10.49%), Vitamin B12: 0.5µg (8.38%), Vitamin E: 1.1mg (7.33%), Calcium: 64.58mg (6.46%), Vitamin D: 0.9µg (6.03%)