



## Beef Tip Salad Topping

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**226 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound beef stew meat cut into 1/2 inch pieces
- 1 bell pepper green seeded thinly sliced
- 0.5 cup olive oil
- 1 onion sliced
- 1 tablespoon soya sauce

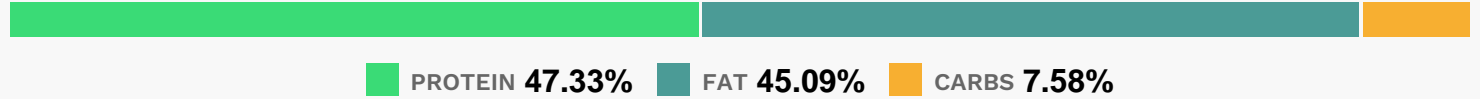
### Equipment

- frying pan

## Directions

- Heat olive oil in a large skillet over medium heat. Stir in soy sauce, onion and green bell pepper. Cook 3 to 5 minutes, until tender.
- Mix in beef stew meat. Cook 15 minutes, stirring occasionally, until evenly browned.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:15.645652117937%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

## Nutrients (% of daily need)

Calories: 226.14kcal (11.31%), Fat: 11.11g (17.09%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.96g (2.17%), Cholesterol: 70.31mg (23.44%), Sodium: 316.97mg (13.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.46%), Selenium: 31.58µg (45.12%), Vitamin B6: 0.85mg (42.46%), Vitamin B3: 8.01mg (40.07%), Vitamin B12: 2.1µg (34.96%), Zinc: 4.82mg (32.15%), Vitamin C: 25.95mg (31.46%), Phosphorus: 263.58mg (26.36%), Iron: 2.63mg (14.62%), Potassium: 488.49mg (13.96%), Vitamin B2: 0.2mg (12%), Vitamin B1: 0.14mg (9.18%), Magnesium: 34.74mg (8.69%), Vitamin E: 1.23mg (8.22%), Copper: 0.15mg (7.38%), Vitamin K: 6.92µg (6.59%), Folate: 23.75µg (5.94%), Vitamin B5: 0.57mg (5.75%), Manganese: 0.11mg (5.51%), Fiber: 1.01g (4.04%), Calcium: 31.8mg (3.18%), Vitamin A: 110.63IU (2.21%)