



Beef with Red and Yellow Bell Peppers

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

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil coarsely chopped
- 1 pound beef eye of round halved lengthwise sliced
- 1 cup chicken stock see
- 1 teaspoon chili-garlic paste chinese
- 1 teaspoon cornstarch
- 2 tablespoons cooking sherry dry
- 2 large garlic cloves minced
- 2 tablespoons soya sauce low-sodium

- 2 tablespoons oyster sauce
- 0.5 teaspoon pepper freshly ground
- 1 bell pepper red cut into 2-inch squares
- 1 onion red sliced
- 0.5 teaspoon asian sesame oil
- 1 teaspoon sugar
- 1 tablespoon vegetable oil
- 2 bell peppers yellow cut into 2-inch squares

Equipment

- bowl
- frying pan

Directions

- In a bowl, mix the garlic, soy sauce, sherry, sugar, pepper and 1 teaspoon of the oil.
- Add the meat and coat well. Cover and let stand at room temperature for 2 hours or refrigerate overnight.
- In a small bowl, mix the stock, oyster sauce and cornstarch. In a large skillet, heat 1/2 tablespoon of the oil.
- Add half of the meat and cook over high heat until browned on 1 side, about 1 minute.
- Transfer to a plate. Repeat with 1/2 tablespoon of the oil and the remaining meat.
- Add the onion and the remaining 1 teaspoon of oil to the skillet and cook over moderate heat, stirring until softened, about 3 minutes.
- Add the bell peppers and cook over moderately low heat, stirring, until crisp-tender, about 6 minutes. Stir the stock mixture, then pour it into the skillet and simmer over moderate heat, stirring, until it starts to thicken, about 2 minutes. Return the meat to the skillet and simmer until heated through.
- Remove from the heat. Stir in the chili-garlic paste, sesame oil and basil and serve
- Serve With: Steamed rice.
- Notes: One Serving: 271 calories, 5 gm total fat, 2 gm saturated fat, 11 gm carb.

Nutrition Facts

PROTEIN 43.15% FAT 35.38% CARBS 21.47%

Properties

Glycemic Index:76.52, Glycemic Load:1.97, Inflammation Score:-9, Nutrition Score:23.561739278876%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg 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: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 275.76kcal (13.79%), Fat: 10.57g (16.26%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 12.57g (4.57%), Sugar: 4.51g (5.01%), Cholesterol: 72.11mg (24.04%), Sodium: 687.49mg (29.89%), Alcohol: 0.77g (100%), Alcohol %: 0.3% (100%), Protein: 29g (58%), Vitamin C: 150.55mg (182.49%), Vitamin B6: 1.05mg (52.59%), Vitamin B3: 9.73mg (48.65%), Selenium: 33.95µg (48.5%), Vitamin B12: 2.13µg (35.58%), Zinc: 5.15mg (34.34%), Phosphorus: 312.11mg (31.21%), Vitamin A: 1133.56IU (22.67%), Potassium: 735.91mg (21.03%), Vitamin B2: 0.32mg (18.61%), Iron: 3.19mg (17.71%), Vitamin K: 16.08µg (15.31%), Manganese: 0.3mg (14.86%), Folate: 58.21µg (14.55%), Magnesium: 51.8mg (12.95%), Copper: 0.26mg (12.9%), Vitamin B1: 0.18mg (12.17%), Vitamin E: 1.17mg (7.79%), Vitamin B5: 0.78mg (7.76%), Fiber: 1.86g (7.44%), Calcium: 53.01mg (5.3%)