



 **86%**  
HEALTH SCORE

## Canton Beef with Bell Peppers

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

READY IN



**32 min.**

SERVINGS



**4**

CALORIES



**246 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 pound beef top sirloin steaks boneless
- 0.8 cup chicken broth reduced-sodium (from 32-oz carton)
- 6 cloves garlic finely chopped
- 1 tablespoon ginger finely chopped
- 1 tablespoon soya sauce dark
- 2 teaspoons brown sugar packed
- 0.5 teaspoon five-spice powder
- 1 tablespoon cornstarch

- 1 tablespoon water cold
- 1 pound bell pepper frozen thawed drained
- 2 cups brown rice cooked

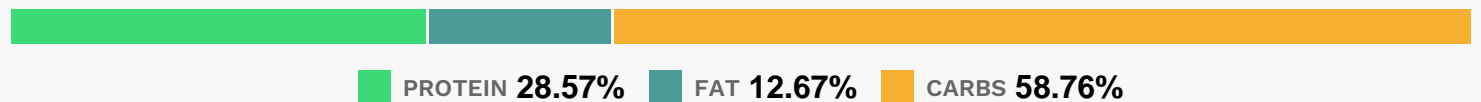
## Equipment

- bowl
- frying pan
- wok

## Directions

- Remove fat from beef.
- Cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices.
- Mix broth, garlic, gingerroot, soy sauce, brown sugar and five-spice powder in medium glass or plastic bowl.
- Mix cornstarch and cold water; stir into broth mixture. Stir in beef until evenly coated.
- Let stand 10 minutes.
- Drain beef; reserve marinade.
- Spray nonstick wok or 12-inch skillet with cooking spray; heat over medium-high heat.
- Add beef; stir-fry 2 minutes. Stir in bell peppers and onions and reserved marinade; reduce heat to medium.
- Cover and cook 3 to 5 minutes, stirring occasionally, until sauce is thickened.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:36.05, Glycemic Load:12.97, Inflammation Score:-10, Nutrition Score:23.951738751453%

## Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## **Nutrients (% of daily need)**

Calories: 245.61kcal (12.28%), Fat: 3.49g (5.37%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 32.09g (11.67%), Sugar: 6.91g (7.68%), Cholesterol: 33.45mg (11.15%), Sodium: 303.83mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.7g (35.41%), Vitamin C: 146.64mg (177.75%), Vitamin A: 3550.9IU (71.02%), Manganese: 1.31mg (65.34%), Vitamin B6: 0.9mg (45.21%), Vitamin B3: 6.91mg (34.53%), Selenium: 18.34µg (26.21%), Phosphorus: 251.14mg (25.11%), Zinc: 3.28mg (21.87%), Magnesium: 73.95mg (18.49%), Fiber: 4.32g (17.28%), Potassium: 594.33mg (16.98%), Folate: 64.59µg (16.15%), Vitamin B1: 0.22mg (14.35%), Vitamin E: 1.96mg (13.06%), Iron: 2.23mg (12.38%), Vitamin B2: 0.2mg (11.87%), Vitamin B5: 1.16mg (11.62%), Vitamin B12: 0.58µg (9.62%), Copper: 0.19mg (9.53%), Vitamin K: 6.26µg (5.96%), Calcium: 43.07mg (4.31%)