



 **87%**
HEALTH SCORE

Canton Beef with Bell Peppers

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

READY IN



32 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon five spice powder
- 0.5 pound beef top sirloin steaks boneless
- 1 pound bell pepper frozen thawed drained
- 2 teaspoons brown sugar packed
- 2 cups brown rice cooked
- 1 tablespoon cornstarch
- 6 cloves garlic finely chopped
- 1 tablespoon ginger finely chopped

- 0.8 cup chicken broth reduced-sodium (from 32-oz carton)
- 1 tablespoon soya sauce dark
- 1 tablespoon water cold

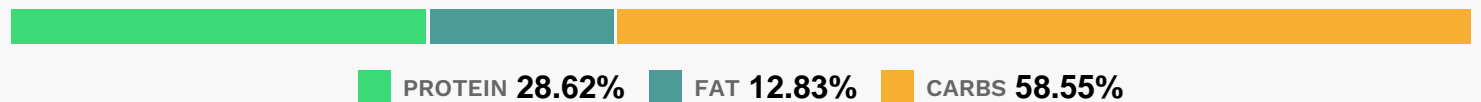
Equipment

- 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:37.3, Glycemic Load:12.98, Inflammation Score:-10, Nutrition Score:24.116521752399%

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: 245.48kcal (12.27%), Fat: 3.54g (5.45%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 31.99g (11.63%), Sugar: 6.91g (7.68%), Cholesterol: 33.45mg (11.15%), Sodium: 303.91mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.57%), Vitamin C: 146.75mg (177.87%), Vitamin A: 3552.45IU (71.05%), Manganese: 1.32mg (65.92%), Vitamin B6: 0.91mg (45.37%), Vitamin B3: 6.92mg (34.6%), Selenium: 18.37µg (26.24%), Phosphorus: 253.34mg (25.33%), Zinc: 3.31mg (22.04%), Magnesium: 74.8mg (18.7%), Fiber: 4.39g (17.57%), Potassium: 601.54mg (17.19%), Folate: 64.64µg (16.16%), Vitamin B1: 0.22mg (14.47%), Iron: 2.41mg (13.4%), Vitamin E: 1.96mg (13.06%), Vitamin B2: 0.2mg (11.96%), Vitamin B5: 1.17mg (11.66%), Copper: 0.2mg (9.75%), Vitamin B12: 0.58µg (9.62%), Vitamin K: 6.26µg (5.96%), Calcium: 46.3mg (4.63%)