



## Creamed Beef with Rice

 **Gluten Free**

READY IN



**50 min.**

SERVINGS



**8**

CALORIES



**220 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound beef stew meat
- 1 tablespoon cornstarch or as needed
- 1 teaspoon ginger root fresh minced
- 1 cup mushrooms fresh sliced
- 8 servings parsley fresh for garnish
- 2 cloves garlic minced
- 1 bell pepper green chopped
- 3 tablespoons heavy cream

- 1 medium onion chopped
- 1 bell pepper red chopped
- 8 servings salt and pepper to taste
- 1 tablespoon vegetable oil
- 2 cups water
- 1 cup rice long grain white uncooked
- 1 dash worcestershire sauce to taste

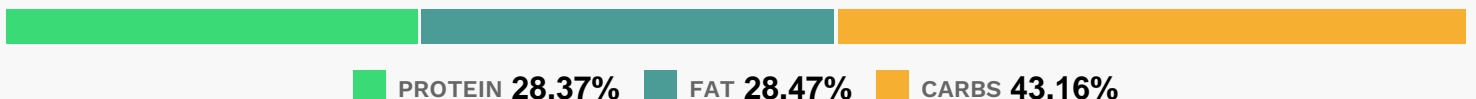
## Equipment

- bowl
- frying pan
- pot

## Directions

- Bring the rice and water to a boil in a pot. Reduce heat to low, cover, and cook 20 minutes.
- Place the beef in a bowl, sprinkle with Worcestershire sauce, and season with salt and pepper.
- Heat the oil in a skillet over medium heat.
- Mix in the onion, 1/2 the green bell pepper, 1/2 the red bell pepper, ginger, and garlic. Cook and stir until vegetables are tender.
- Transfer beef to the skillet, and cook until evenly brown.
- Mix in the mushrooms. Reduce heat to low, and simmer 5 minutes. Stir in heavy cream and cornstarch as needed to thicken the sauce.
- Mix in the remaining green bell pepper and red bell pepper.
- Remove from heat, and transfer to a large bowl (not the one used to season the beef).
- Mix cooked rice into the bowl with the beef.
- Serve garnished with parsley.

## Nutrition Facts



## Properties

Glycemic Index:29.9, Glycemic Load:11.84, Inflammation Score:-7, Nutrition Score:16.055217255717%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

## Nutrients (% of daily need)

Calories: 219.58kcal (10.98%), Fat: 6.86g (10.55%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 22.01g (8%), Sugar: 2.05g (2.28%), Cholesterol: 41.51mg (13.84%), Sodium: 237.48mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.76%), Vitamin K: 71.51µg (68.1%), Vitamin C: 37.89mg (45.92%), Selenium: 20.71µg (29.58%), Vitamin B6: 0.53mg (26.45%), Vitamin B3: 4.93mg (24.66%), Zinc: 2.83mg (18.84%), Vitamin A: 940.86IU (18.82%), Vitamin B12: 1.06µg (17.71%), Phosphorus: 176.67mg (17.67%), Manganese: 0.34mg (16.92%), Vitamin B2: 0.19mg (10.96%), Potassium: 368.21mg (10.52%), Iron: 1.84mg (10.21%), Copper: 0.18mg (9.1%), Vitamin B5: 0.78mg (7.75%), Vitamin B1: 0.11mg (7.18%), Folate: 28.57µg (7.14%), Magnesium: 28.45mg (7.11%), Fiber: 1.38g (5.53%), Vitamin E: 0.71mg (4.74%), Calcium: 35.98mg (3.6%)