



 **68%**  
HEALTH SCORE

## Cuban-Style Beef and Peppers

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

READY IN



45 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple juice white
- 1 cup bell pepper strips yellow
- 2 tablespoons capers
- 4 cups rice long-grain hot cooked
- 1 pound flank steak
- 4 garlic cloves minced
- 1 teaspoon ground cumin
- 1 jalapeno seeded sliced

- 2 tablespoons olive oil
- 3 cups onion thinly sliced
- 6 pimento-stuffed olives chopped
- 3 plum tomatoes cut into 8 wedges
- 0.3 cup raisins
- 1 teaspoon or dried fresh chopped

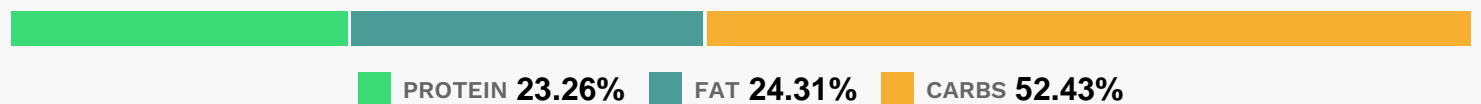
## Equipment

- bowl
- frying pan

## Directions

- Combine raisins and rum in a small bowl; let stand 30 minutes.
- Trim fat from steak, and cut steak into thin strips.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, bell pepper, and jalapeo, and saut 10 minutes or until tender.
- Add steak and garlic, and saut 4 minutes or until beef is browned.
- Add raisin mixture, capers, thyme, cumin, olives, and tomatoes. Reduce heat; simmer 7 minutes or until steak is done, stirring occasionally.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:85.14, Glycemic Load:55.63, Inflammation Score:-9, Nutrition Score:27.413913187773%

## Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.49mg,

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 6.09mg, Kaempferol: 6.09mg, Kaempferol: 6.09mg, Kaempferol: 6.09mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 32.24mg, Quercetin: 32.24mg, Quercetin: 32.24mg

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

Calories: 540.69kcal (27.03%), Fat: 14.58g (22.44%), Saturated Fat: 3.69g (23.03%), Carbohydrates: 70.77g (23.59%), Net Carbohydrates: 65.93g (23.97%), Sugar: 8.12g (9.02%), Cholesterol: 68.04mg (22.68%), Sodium: 278.8mg (12.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.78%), Vitamin C: 89.66mg (108.67%), Selenium: 46.66µg (66.66%), Vitamin B6: 1.15mg (57.74%), Manganese: 1.14mg (56.92%), Vitamin B3: 8.69mg (43.47%), Zinc: 5.58mg (37.18%), Phosphorus: 368.92mg (36.89%), Potassium: 932.66mg (26.65%), Iron: 3.7mg (20.56%), Fiber: 4.84g (19.38%), Copper: 0.37mg (18.72%), Magnesium: 74.62mg (18.66%), Vitamin B12: 1.03µg (17.2%), Vitamin B5: 1.63mg (16.25%), Folate: 62.08µg (15.52%), Vitamin K: 15.81µg (15.06%), Vitamin B1: 0.22mg (14.89%), Vitamin E: 2.1mg (14.02%), Vitamin B2: 0.23mg (13.82%), Vitamin A: 547.35IU (10.95%), Calcium: 99.76mg (9.98%)