



## Five-Pepper Steak

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons canola oil divided
- 1.3 pounds flank steak thick sliced
- 2 garlic cloves thinly sliced
- 3 green onions dark trimmed thinly sliced sliced for topping
- 0.5 teaspoon paprika smoked spanish hot (pimentón picante)
- 0.3 teaspoon pepper
- 2 oz to 8 peppadew peppers chopped
- 12 oz piquillo peppers rinsed drained sliced

- 2 bell peppers red seeded sliced into thin strips
- 0.5 teaspoon salt
- 1.5 tablespoons sherry vinegar

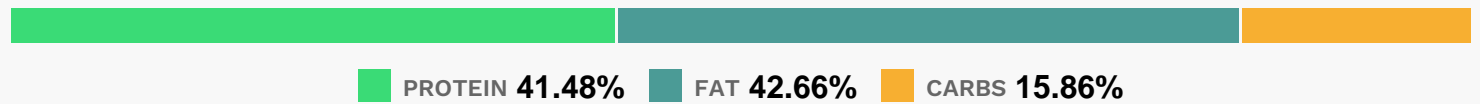
## Equipment

- frying pan

## Directions

- Heat a large cast-iron frying pan over medium-high heat. Season meat with salt and pepper.
- Add 1 tbsp. oil to skillet, then add meat and brown in 2 batches, 2 to 3 minutes per side.
- Transfer to a plate.
- Add remaining 1 tbsp. oil to frying pan, then add 3 thinly sliced green onions, garlic, and bell peppers; cook until lightly charred, 2 to 3 minutes.
- Add piquillos, Peppadews, Peppadew liquid, sherry vinegar, and smoked paprika and cook until liquid thickens, 4 minutes. Return meat to pan and cook 1 minute more. Divide among 4 plates and top with sliced green onion ends.

## Nutrition Facts



## Properties

Glycemic Index:37.75, Glycemic Load:1.09, Inflammation Score:-10, Nutrition Score:25.577391334202%

## Flavonoids

Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## Nutrients (% of daily need)

Calories: 313.47kcal (15.67%), Fat: 14.35g (22.08%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 10.14g (3.69%), Sugar: 5.22g (5.8%), Cholesterol: 85.05mg (28.35%), Sodium: 604.84mg (26.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.4g (62.8%), Vitamin C: 140.78mg (170.64%), Selenium: 42.16µg (60.24%), Vitamin A: 2979.56IU (59.59%), Vitamin B6: 1.09mg (54.61%), Vitamin B3: 9.56mg (47.81%), Zinc: 5.66mg (37.76%), Phosphorus: 311.69mg (31.17%), Vitamin K: 29.72µg (28.3%), Iron: 4.27mg (23.72%), Vitamin B12:

1.29µg (21.5%), Potassium: 674.18mg (19.26%), Vitamin E: 2.75mg (18.36%), Vitamin B2: 0.23mg (13.51%), Folate: 53.16µg (13.29%), Vitamin B5: 1.12mg (11.19%), Magnesium: 42.81mg (10.7%), Vitamin B1: 0.15mg (10.08%), Manganese: 0.16mg (8.11%), Fiber: 1.87g (7.5%), Copper: 0.14mg (6.96%), Calcium: 46.19mg (4.62%)