



Maria's Pepper Steak

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



50 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large bell peppers sliced into thin strips
- 1.5 pounds flank steak cut into thin strips
- 2 cloves garlic minced
- 0.3 cup honey
- 2 tablespoons olive oil
- 1 medium onion chopped
- 0.3 cup red wine vinegar
- 0.3 cup soya sauce

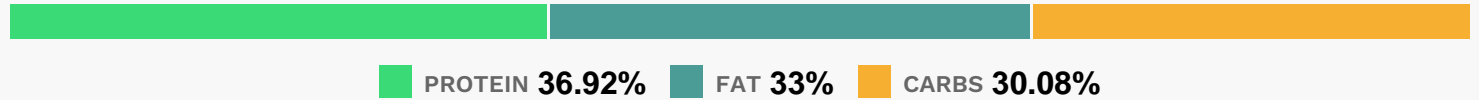
Equipment

frying pan

Directions

- Heat olive oil in a skillet over medium heat. Cook onion, bell peppers, and garlic in oil until tender-crisp, stirring frequently. Set aside.
- Heat a large skillet over medium-high heat.
- Pour soy sauce, honey, and red wine vinegar in pan, then add beef. Cook beef, stirring frequently, until done, about 10 to 15 minutes. Stir in cooked vegetables, and cook another 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:39.07, Glycemic Load:14.01, Inflammation Score:-9, Nutrition Score:28.624782417132%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 430.73kcal (21.54%), Fat: 15.81g (24.32%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 29.99g (10.9%), Sugar: 28.15g (31.27%), Cholesterol: 102.06mg (34.02%), Sodium: 1177.61mg (51.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.79g (79.57%), Vitamin C: 107.7mg (130.55%), Selenium: 50.99µg (72.85%), Vitamin B6: 1.36mg (68.24%), Vitamin B3: 12.24mg (61.18%), Vitamin A: 2568.1IU (51.36%), Zinc: 6.94mg (46.23%), Phosphorus: 403.04mg (40.3%), Vitamin B12: 1.55µg (25.8%), Potassium: 862.73mg (24.65%), Iron: 3.76mg (20.91%), Vitamin E: 2.8mg (18.69%), Vitamin B2: 0.31mg (18.5%), Folate: 69.15µg (17.29%), Manganese: 0.3mg (14.97%), Magnesium: 59.48mg (14.87%), Vitamin B5: 1.47mg (14.66%), Vitamin B1: 0.19mg (12.92%), Vitamin K: 10.41µg (9.91%), Fiber: 2.43g (9.73%), Copper: 0.19mg (9.58%), Calcium: 57.33mg (5.73%)