



Mixed-Pepper Steak with Onions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pound sirloin steak
- 4 bell pepper assorted cut into 1/4-inch-thick strips
- 0.3 teaspoon pepper black
- 1 teaspoon cornstarch
- 3 garlic clove sliced
- 1 large onion halved lengthwise
- 4 servings rice white cooked
- 0.5 teaspoon salt

- 1 tablespoon soya sauce
- 0.3 cup vegetable oil
- 0.3 cup water cold

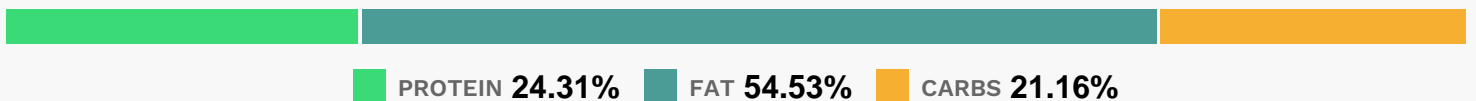
Equipment

- bowl
- frying pan
- slotted spoon

Directions

- Stir together soy sauce, cornstarch, and 1/3 cup water in a cup.
- Pat steak dry and sprinkle with salt and pepper.
- Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking. Stir-fry half of steak until browned but still pink inside, about 4 minutes.
- Transfer to a bowl with a slotted spoon and repeat with remaining steak, adding 1 tablespoon oil to skillet.
- Add remaining tablespoon oil to skillet and stir-fry bell peppers, onion, and garlic, until onion is golden, 6 to 7 minutes. Stir in remaining 2 tablespoons water and cook, covered, 3 minutes. Return steak to skillet, then stir in cornstarch mixture. Bring to a boil and cook, stirring, 2 minutes.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:26.44, Inflammation Score:-10, Nutrition Score:31.944347775501%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 654.97kcal (32.75%), Fat: 39.47g (60.72%), Saturated Fat: 12.45g (77.82%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 30.89g (11.23%), Sugar: 6.73g (7.47%), Cholesterol: 95.25mg (31.75%), Sodium: 642.4mg (27.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.59g (79.18%), Vitamin C: 155.8mg (188.84%), Vitamin B12: 4.73µg (78.81%), Vitamin A: 3727.53IU (74.55%), Vitamin B6: 1.15mg (57.42%), Selenium: 34.67µg (49.53%), Zinc: 6.38mg (42.52%), Vitamin B3: 7.89mg (39.47%), Phosphorus: 381.31mg (38.13%), Manganese: 0.65mg (32.68%), Vitamin K: 31.28µg (29.79%), Vitamin B2: 0.44mg (25.72%), Potassium: 879.39mg (25.13%), Iron: 4.33mg (24.07%), Vitamin E: 3.04mg (20.25%), Folate: 75.34µg (18.83%), Vitamin B1: 0.27mg (18.31%), Magnesium: 64.33mg (16.08%), Fiber: 3.57g (14.29%), Vitamin B5: 1.29mg (12.91%), Copper: 0.24mg (12.09%), Calcium: 41.37mg (4.14%)