



## Mom-Mom's Pepper Steak

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

READY IN



**75 min.**

SERVINGS



**6**

CALORIES



**246 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bell peppers green cut into strips
- 1 onion grated
- 2 bell peppers red cut into strips
- 1.5 pounds round steak cut into strips
- 6 servings salt and pepper to taste
- 1 cup tomatoes crushed
- 2 tablespoons vegetable oil
- 0.5 cup water

3.5 teaspoons sugar white

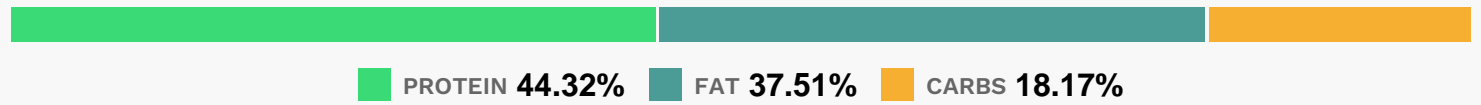
## Equipment

frying pan

## Directions

- Heat the vegetable oil in a large skillet over medium heat, and cook and stir the green and red peppers until tender, about 10 minutes.
- Remove the peppers from the pan and set aside.
- Place the steak strips into the skillet with the grated onion, and cook and stir for about 10 minutes, until the steak is evenly browned and no longer pink inside. Return the cooked peppers to the skillet, and stir in tomatoes, water, and sugar.
- Sprinkle with salt and pepper to taste.
- Simmer over low heat for 45 minutes to 1 hour, stirring occasionally, until the steak is tender and the sauce has thickened.

## Nutrition Facts



## Properties

Glycemic Index:29.52, Glycemic Load:3.45, Inflammation Score:-9, Nutrition Score:23.429565191269%

## Flavonoids

Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

## Nutrients (% of daily need)

Calories: 246.3kcal (12.32%), Fat: 10.28g (15.81%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 8.62g (3.14%), Sugar: 7.5g (8.33%), Cholesterol: 71.44mg (23.81%), Sodium: 316.19mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.65%), Vitamin C: 87.73mg (106.34%), Vitamin B6: 1.04mg (52.1%), Selenium: 32.82µg (46.89%), Vitamin B3: 8.92mg (44.59%), Vitamin B12: 2.14µg (35.72%), Zinc: 5.16mg (34.39%), Vitamin A: 1475.81IU (29.52%), Phosphorus: 288.21mg (28.82%), Potassium: 697.3mg (19.92%), Iron: 3.28mg (18.2%), Vitamin K: 16.79µg (15.99%), Vitamin B2: 0.26mg (15.06%), Vitamin E: 1.99mg (13.28%), Vitamin

B1: 0.19mg (12.7%), Magnesium: 47.18mg (11.79%), Copper: 0.23mg (11.59%), Folate: 45.68µg (11.42%), Vitamin B5: 1.07mg (10.65%), Manganese: 0.21mg (10.34%), Fiber: 2.59g (10.34%), Calcium: 48.09mg (4.81%)