

Pepper Beef

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips green thinly sliced 1 medium
- ☐ 1 cup bell pepper strips red thinly sliced 1 medium
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil divided
- ☐ 0.8 pound flank steak trimmed
- ☐ 1.5 tablespoons garlic minced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon shaoxing dry chinese rice wine
- ☐ 3 cups short-grain rice hot cooked
- ☐ 1 teaspoon sugar
- ☐ 1 cup onion yellow vertically sliced

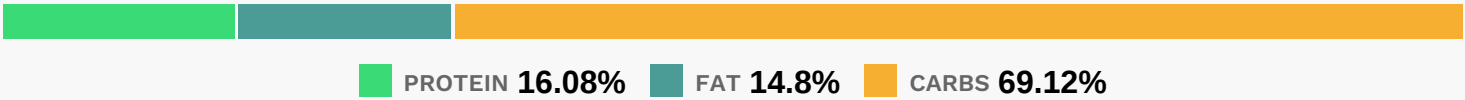
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ Cut steak across grain into 1/4-inch slices; cut slices into 1/2-inch-wide strips.
- ☐ Cut strips into 3-inch-long pieces.
- ☐ Combine steak pieces, soy sauce, wine, sugar, and black pepper.
- ☐ Heat a 14-inch wok over high heat.
- ☐ Add 1 tablespoon oil to wok, swirling to coat.
- ☐ Add onion and garlic to wok; stir-fry 30 seconds or until onion begins to brown.
- ☐ Add red and green bell peppers to wok; stir-fry 2 minutes or until crisp-tender. Spoon bell pepper mixture into a large bowl.
- ☐ Add 1 1/2 teaspoons oil to wok, swirling to coat.
- ☐ Add half of steak mixture to wok; stir-fry 1 minute or until browned.
- ☐ Add cooked steak mixture to bell pepper mixture. Repeat procedure with remaining 1 1/2 teaspoons oil and remaining steak mixture. Return steak mixture to wok; sprinkle with salt. Stir-fry 1 minute or just until heated.
- ☐ Serve over rice.
- ☐ Wine note: When it comes to wine, this simple beef recipe needs care because green bell peppers can make many red wines taste green and weedy, while soy sauce can make reds taste hollow. So choose a wine with a lot of fruitiness and berry flavors. A great choice is traditional Beaujolais especially one of the cru Beaujolais such as Moulin--Vent. The Georges duBoeuf Beaujolais Moulin--Vent (Flower Label) 2006 from Burgundy, France, is \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:70.77, Glycemic Load:96.32, Inflammation Score:-10, Nutrition Score:36.865651690442%

Flavonoids

Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg

Nutrients (% of daily need)

Calories: 767.06kcal (38.35%), Fat: 12.3g (18.92%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 129.22g (43.07%), Net Carbohydrates: 122.74g (44.63%), Sugar: 5.22g (5.8%), Cholesterol: 51.03mg (17.01%), Sodium: 630.11mg (27.4%), Alcohol: 0.6g (100%), Alcohol %: 0.2% (100%), Protein: 30.06g (60.13%), Vitamin C: 81.53mg (98.82%), Folate: 389.67µg (97.42%), Manganese: 1.82mg (91.02%), Selenium: 48.51µg (69.31%), Vitamin B1: 0.98mg (65.2%), Vitamin B3: 12.17mg (60.85%), Vitamin B6: 1.06mg (53.08%), Iron: 8.22mg (45.64%), Phosphorus: 361.52mg (36.15%), Zinc: 5.22mg (34.8%), Vitamin B5: 2.72mg (27.17%), Vitamin A: 1306.56IU (26.13%), Fiber: 6.48g (25.91%), Copper: 0.44mg (22.02%), Potassium: 650.73mg (18.59%), Magnesium: 72.34mg (18.08%), Vitamin E: 2.24mg (14.96%), Vitamin B2: 0.25mg (14.46%), Vitamin B12: 0.77µg (12.9%), Vitamin K: 11.21µg (10.68%), Calcium: 47.21mg (4.72%)