



Pepper-Beef Stir-Fry

 Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



364 kcal

Ingredients

- 8 ounce water chestnuts drained sliced canned
- 2 teaspoons cornstarch
- 3 tablespoons brown sugar dark
- 2 garlic cloves minced
- 0.3 cup soya sauce low-sodium
- 0.3 cup low-salt beef broth
- 5 ounce japanese curly noodles uncooked (chucka soba)
- 1 bell pepper red seeded cut into thin strips
- 1 teaspoon sesame oil light

- 3 ounces snow peas trimmed
- 0.8 pound top round steak thinly sliced

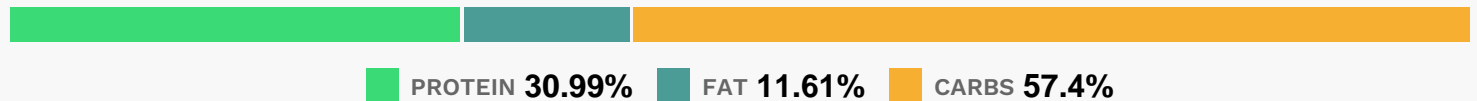
Equipment

- bowl
- frying pan
- whisk

Directions

- Cook noodles according to package directions, omitting salt and fat.
- Combine soy sauce and next 3 ingredients in a small bowl; stir well with a whisk.
- Place a nonstick skillet coated with cooking spray over medium-high heat until hot; add beef. Stir-fry 4 minutes or until browned.
- Remove beef from pan; set aside, and keep warm. Coat pan with oil.
- Add garlic and bell pepper; stir-fry 2 minutes.
- Add water chestnuts and snow peas; stir-fry 1 minute. Return beef, juices, and soy sauce mixture to pan, and cook 30 seconds or until slightly thickened.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:11.15, Inflammation Score:-8, Nutrition Score:23.195652070253%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 364.32kcal (18.22%), Fat: 4.69g (7.21%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 52.18g (17.39%), Net Carbohydrates: 47.47g (17.26%), Sugar: 14.07g (15.64%), Cholesterol: 51.88mg (17.29%), Sodium: 889.07mg

(38.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.34%), Selenium: 50.89µg (72.7%), Vitamin C: 52.44mg (63.56%), Vitamin B6: 0.95mg (47.34%), Vitamin B3: 7.57mg (37.85%), Zinc: 5.04mg (33.61%), Phosphorus: 333.51mg (33.35%), Manganese: 0.64mg (31.82%), Vitamin A: 1162.73IU (23.25%), Iron: 3.88mg (21.58%), Potassium: 706.79mg (20.19%), Vitamin B12: 1.16µg (19.31%), Fiber: 4.71g (18.85%), Magnesium: 69.43mg (17.36%), Copper: 0.32mg (16.17%), Vitamin B2: 0.27mg (15.64%), Folate: 55.79µg (13.95%), Vitamin B1: 0.18mg (12.14%), Vitamin B5: 1.2mg (12.01%), Vitamin E: 1.38mg (9.22%), Vitamin K: 8.16µg (7.77%), Calcium: 58.26mg (5.83%)