



Pepper Rice and Confetti Beef

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

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound beef sirloin thinly sliced
- 1.5 cups chicken broth
- 2 tablespoons dijon mustard
- 0.5 bell pepper green thinly sliced
- 0.5 cup green onion chopped
- 2 tablespoons honey
- 0.5 bell pepper red thinly sliced
- 4 servings salt and pepper to taste

- 1 tablespoon vegetable oil
- 1.5 cups rice white uncooked
- 0.5 bell pepper yellow thinly sliced

Equipment

- frying pan
- sauce pan

Directions

- In a medium saucepan bring chicken broth to a boil.
- Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- Heat oil in a large skillet over medium heat, and cook the beef, red bell pepper, yellow bell pepper and green bell pepper until beef is evenly browned. Season with salt and pepper.
- Remove from heat.
- Stir Dijon mustard and honey in the beef mixture. Stir green onions into cooked rice.
- Serve peppers and beef over the rice.

Nutrition Facts



Properties

Glycemic Index:54.86, Glycemic Load:38.34, Inflammation Score:-7, Nutrition Score:18.844782642696%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 409.09kcal (20.45%), Fat: 6.32g (9.72%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 68.35g (22.78%), Net Carbohydrates: 66.08g (24.03%), Sugar: 10.46g (11.62%), Cholesterol: 32.95mg (10.98%), Sodium: 643.35mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.64g (37.27%), Vitamin C: 60.73mg (73.61%), Manganese: 0.92mg (45.75%), Selenium: 29.93µg (42.75%), Vitamin K: 34.76µg (33.11%), Vitamin B6: 0.59mg

(29.34%), Vitamin B3: 5.38mg (26.89%), Zinc: 3.36mg (22.41%), Phosphorus: 221.96mg (22.2%), Vitamin A: 682.24IU (13.64%), Copper: 0.27mg (13.45%), Potassium: 426.92mg (12.2%), Vitamin B12: 0.73µg (12.11%), Iron: 2.16mg (12%), Vitamin B5: 1.19mg (11.93%), Vitamin B2: 0.2mg (11.92%), Magnesium: 42.64mg (10.66%), Vitamin B1: 0.16mg (10.58%), Fiber: 2.27g (9.08%), Folate: 33.29µg (8.32%), Vitamin E: 0.93mg (6.19%), Calcium: 52.93mg (5.29%)