



## Pepper Steak

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup beef consomme
- 1 cup bell pepper strips green
- 0.1 teaspoon pepper black
- 2 tablespoons bottled garlic minced
- 1 teaspoon sesame oil dark
- 2 tablespoons flour all-purpose
- 2 tablespoons bottled ground ginger fresh
- 1 teaspoon soya sauce low-sodium

- 0.3 teaspoon salt
- 1 pound rump steak trimmed

## Equipment

- frying pan

## Directions

- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Combine flour and next 5 ingredients (flour through steak), tossing to coat.
- Add beef mixture to pan; saut 3 minutes.
- Add bell pepper and remaining ingredients to pan; cover and cook 7 minutes or until the peppers are crisp-tender, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:36.75, Glycemic Load:2.88, Inflammation Score:-4, Nutrition Score:16.73086944352%

## Flavonoids

Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## Nutrients (% of daily need)

Calories: 304.2kcal (15.21%), Fat: 18.12g (27.88%), Saturated Fat: 7.09g (44.32%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 7.72g (2.81%), Sugar: 1.07g (1.19%), Cholesterol: 63.5mg (21.17%), Sodium: 366.33mg (15.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.37g (50.73%), Manganese: 1.06mg (53.02%), Vitamin B12: 3.17µg (52.89%), Vitamin C: 32.31mg (39.16%), Selenium: 22.66µg (32.37%), Vitamin B6: 0.63mg (31.49%), Zinc: 3.98mg (26.55%), Vitamin B3: 5.06mg (25.29%), Phosphorus: 230.56mg (23.06%), Iron: 3.28mg (18.21%), Vitamin B2: 0.25mg (15%), Potassium: 504.14mg (14.4%), Vitamin B1: 0.18mg (12.09%), Magnesium: 36.03mg (9.01%), Copper: 0.16mg (7.78%), Fiber: 1.27g (5.08%), Folate: 19.1µg (4.78%), Vitamin B5: 0.47mg (4.72%), Calcium: 30.06mg (3.01%), Vitamin K: 3.15µg (3%), Vitamin A: 139.59IU (2.79%), Vitamin E: 0.17mg (1.11%)