



## Pepper Steak and Rice

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon browning sauce
- 2 tablespoons cornstarch
- 2 cloves garlic peeled chopped
- 0.5 bell pepper green julienned
- 1 tablespoon ground paprika
- 4 servings ground pepper black to taste
- 2 tablespoons olive oil
- 1 medium onion separated sliced

- 4 servings seasoning salt to taste
- 1 pound rump steak boneless cut into thin strips
- 0.5 cup water
- 1 cup rice long-grain white uncooked

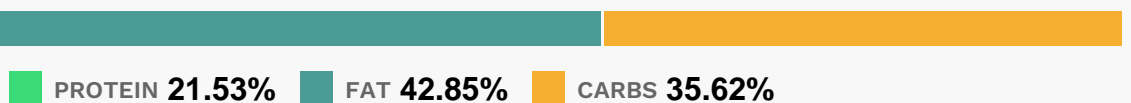
## Equipment

- bowl
- sauce pan

## Directions

- Place rice and 2 cups water in a medium saucepan, and bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- Heat olive oil in a medium saucepan over medium heat, and saute onion and green bell pepper until tender.
- Stir steak, garlic, and browning sauce into the onion and green bell pepper mixture. Season with paprika, seasoning salt, and black pepper. Cook and stir until steak is evenly browned.
- Mix in 1 1/2 cups water, and bring to a boil.
- In a small bowl, dissolve cornstarch in 1/2 cup water. Stir into the boiling steak mixture until thickened.
- Serve over the cooked rice.

## Nutrition Facts



## Properties

Glycemic Index:43.8, Glycemic Load:23.07, Inflammation Score:-7, Nutrition Score:17.251304284386%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin:

5.94mg, Quercetin: 5.94mg

## **Nutrients (% of daily need)**

Calories: 521.57kcal (26.08%), Fat: 24.4g (37.54%), Saturated Fat: 7.93g (49.53%), Carbohydrates: 45.64g (15.21%), Net Carbohydrates: 43.62g (15.86%), Sugar: 2.03g (2.25%), Cholesterol: 63.5mg (21.17%), Sodium: 264.83mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.59g (55.18%), Vitamin B12: 3.15µg (52.54%), Selenium: 26.27µg (37.53%), Manganese: 0.64mg (31.99%), Vitamin B6: 0.63mg (31.47%), Zinc: 4.39mg (29.27%), Phosphorus: 269.92mg (26.99%), Vitamin B3: 5.15mg (25.74%), Vitamin A: 918.21IU (18.36%), Iron: 3.22mg (17.9%), Vitamin C: 14.48mg (17.55%), Vitamin B2: 0.26mg (15.4%), Potassium: 517.24mg (14.78%), Copper: 0.24mg (11.85%), Vitamin B1: 0.18mg (11.72%), Vitamin E: 1.63mg (10.87%), Magnesium: 42.56mg (10.64%), Vitamin B5: 0.92mg (9.23%), Fiber: 2.03g (8.1%), Vitamin K: 7.07µg (6.73%), Folate: 18.14µg (4.53%), Calcium: 35.89mg (3.59%)