



Pepper Steak with Squash

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound flank steak cut into thin strips
- 14 ounces beef broth reduced-sodium canned
- 8 ounces water chestnuts drained sliced canned
- 2 tablespoons canola oil divided
- 6 servings rice hot cooked
- 6 servings rice hot cooked
- 6 servings rice hot cooked
- 3 tablespoons cornstarch

- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced
- 3 garlic clove minced
- 1 medium bell pepper green julienned
- 2 tablespoons soy sauce reduced-sodium
- 1 small onion cut into 1/4-inch strips
- 1 medium bell pepper sweet red julienned
- 1 cup snow peas fresh
- 2 medium zucchini julienned

Equipment

- frying pan

Directions

- In a large skillet, cook steak over medium-high heat, in 1 tablespoon oil until meat is no longer pink; drain.
- Remove and keep warm.
- In the same skillet, saute peppers in remaining oil for 2 minutes or until tender. Stir in the zucchini, onion and garlic; cook and stir 2 minutes longer.
- Add the peas, mushrooms and water chestnuts.
- Saute the vegetables for 2 minutes or until tender.
- Return beef to the skillet.
- Combine the cornstarch, broth and soy sauce until smooth; gradually stir into skillet. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:84.17, Glycemic Load:72.86, Inflammation Score:-8, Nutrition Score:27.176086956522%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 545.85kcal (27.29%), Fat: 9.63g (14.81%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 85.98g (28.66%), Net Carbohydrates: 81.1g (29.49%), Sugar: 6.34g (7.04%), Cholesterol: 45.36mg (15.12%), Sodium: 370.19mg (16.1%), Protein: 27.52g (55.05%), Vitamin C: 65.59mg (79.5%), Manganese: 1.47mg (73.48%), Selenium: 44.14µg (63.06%), Vitamin B6: 1.08mg (54.04%), Vitamin B3: 7.79mg (38.95%), Phosphorus: 351.14mg (35.11%), Zinc: 4.86mg (32.38%), Potassium: 966.04mg (27.6%), Vitamin B5: 2.34mg (23.42%), Copper: 0.46mg (22.85%), Vitamin B2: 0.38mg (22.07%), Vitamin A: 1002.94IU (20.06%), Fiber: 4.88g (19.51%), Magnesium: 76.36mg (19.09%), Iron: 3.19mg (17.71%), Folate: 64.03µg (16.01%), Vitamin B1: 0.22mg (14.71%), Vitamin E: 1.98mg (13.22%), Vitamin K: 13.75µg (13.1%), Vitamin B12: 0.7µg (11.68%), Calcium: 70.73mg (7.07%)