



Peppered Beef with Pasta

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.7 cups farfalle pasta uncooked (bow-tie)
- 0.5 lb sirloin beef tips boneless cut into 2 pieces
- 0.5 teaspoon pepper
- 3 tablespoons tomato sauce
- 1 tablespoon red wine vinegar
- 1 teaspoon thyme leaves dried fresh chopped
- 0.3 teaspoon sugar
- 0.3 cup onion chopped

0.8 cup bell pepper chopped

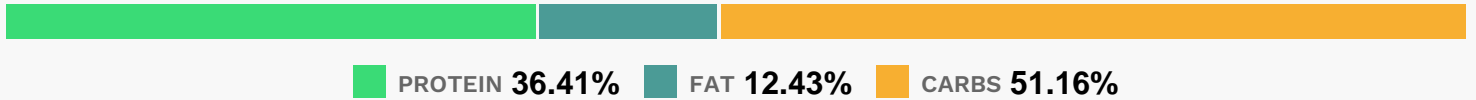
Equipment

frying pan

Directions

- Cook and drain pasta as directed on package, omitting salt.
- Meanwhile, rub both sides of beef pieces with coarsely ground pepper.
- Heat 10-inch nonstick skillet over medium heat. Cook beef in skillet 8 to 12 minutes, turning once, until almost done.
- Add remaining ingredients except pasta to skillet. Reduce heat to medium-low. Cook uncovered about 5 minutes or until beef is medium doneness (160°F).
- Mix vegetables with pasta; top with beef.

Nutrition Facts



Properties

Glycemic Index:146.55, Glycemic Load:16.97, Inflammation Score:-10, Nutrition Score:26.452608647554%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 357.39kcal (17.87%), Fat: 4.84g (7.45%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 41.13g (14.96%), Sugar: 5.83g (6.48%), Cholesterol: 62.37mg (20.79%), Sodium: 179.25mg (7.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.84%), Vitamin C: 76.21mg (92.38%), Selenium: 64.58µg (92.25%), Vitamin B6: 1mg (49.84%), Vitamin B3: 8.88mg (44.39%), Vitamin A: 1897.52IU (37.95%), Zinc: 5.64mg (37.59%), Phosphorus: 353.55mg (35.36%), Manganese: 0.67mg (33.51%), Vitamin B12: 1.42µg (23.62%), Potassium: 723.24mg (20.66%), Iron: 3.42mg (19.02%), Magnesium: 67.42mg (16.85%), Copper: 0.31mg (15.53%), Vitamin B2: 0.26mg (15.14%), Fiber: 3.72g (14.87%), Folate: 54.67µg (13.67%), Vitamin B1: 0.19mg (12.71%), Vitamin

B5: 1.21mg (12.1%), Vitamin E: 1.58mg (10.51%), Vitamin K: 5.56 μ g (5.3%), Calcium: 51.56mg (5.16%)