



Peruvian Beef Saltado



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pounds flank steak sliced into 1 1/2-inch wide strips
- ☐ 1 garlic clove finely minced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 large onion red thinly sliced quartered
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon soya sauce
- ☐ 1 large tomatoes coarsely chopped
- ☐ 1 tablespoon vegetable oil

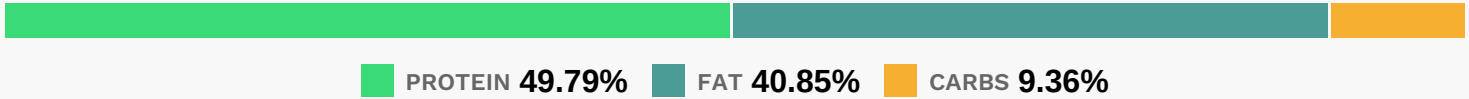
Equipment

- ☐ frying pan
- ☐ wok
- ☐ tongs

Directions

- ☐ Heat the oil in a large wok or skillet over medium-high heat.
- ☐ Add the steak, season with salt and pepper, and stir-fry until the meat is browned on all sides, about 8 to 10 minutes.
- ☐ Using tongs, transfer the steak to a plate and set aside. To the drippings in the pan, add the onion, tomato, and garlic; season with salt, and pepper. Cook and stir it until the onions are soft and the tomatoes start to break down, about 2 to 4 minutes. Return the beef to the pan, add the soy sauce and red wine vinegar. Cook for 1 minute, season with salt and pepper, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:13.819565348003%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 207.58kcal (10.38%), Fat: 9.2g (14.15%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.4g (2.66%), Cholesterol: 68.04mg (22.68%), Sodium: 147.71mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.22g (50.44%), Selenium: 33.71µg (48.16%), Vitamin B6: 0.77mg (38.4%), Vitamin B3: 7.43mg (37.15%), Zinc: 4.48mg (29.9%), Phosphorus: 251.51mg (25.15%), Vitamin B12: 1.03µg (17.2%), Potassium: 543.65mg (15.53%), Iron: 2mg (11.13%), Vitamin K: 11.49µg (10.95%), Vitamin C: 8.52mg

(10.33%), Vitamin B2: 0.15mg (8.81%), Magnesium: 33.81mg (8.45%), Vitamin B5: 0.8mg (8%), Vitamin A: 380.18IU (7.6%), Vitamin B1: 0.11mg (7.57%), Folate: 27.1µg (6.78%), Manganese: 0.13mg (6.72%), Copper: 0.13mg (6.32%), Vitamin E: 0.86mg (5.73%), Fiber: 1.07g (4.27%), Calcium: 37.01mg (3.7%)