



## Saucy Pepper Steak

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup original barbecue sauce kraft
- 1 lb beef sirloin steak boneless trimmed cut into strips well
- 0.5 tsp pepper black
- 2 cups brown rice long-grain hot cooked
- 2 cloves garlic minced
- 1 small onion cut into strips
- 1 and pepper green red yellow cut into strips
- 3 Tbsp lite soy sauce

## Equipment

- bowl
- frying pan

## Directions

- Cook and stir vegetables in large nonstick skillet sprayed with cooking spray on medium-high heat 6 to 8 min. or until crisp-tender.
- Transfer to large bowl; cover to keep warm.
- Add meat, garlic and black pepper to skillet; cook and stir 3 min. or until meat is done. Stir in soy sauce; cook 1 min. Stir in barbecue sauce; cook 2 to 3 min. or until heated through, stirring frequently.
- Combine meat mixture with vegetables.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:5.44, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:3.0782608636048%

## Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 53.17kcal (2.66%), Fat: 0.83g (1.27%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 6.01g (2.18%), Sugar: 2.11g (2.35%), Cholesterol: 10.7mg (3.57%), Sodium: 190.68mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Selenium: 7.26µg (10.37%), Manganese: 0.18mg (8.95%), Vitamin B3: 1.54mg (7.69%), Vitamin B6: 0.15mg (7.59%), Zinc: 0.85mg (5.68%), Phosphorus: 56.49mg (5.65%), Magnesium: 12.97mg (3.24%), Vitamin B12: 0.17µg (2.84%), Potassium: 95.44mg (2.73%), Iron: 0.46mg (2.57%), Vitamin B1: 0.03mg (2.2%), Copper: 0.04mg (1.97%), Vitamin B2: 0.03mg (1.96%), Vitamin B5: 0.19mg (1.87%), Fiber: 0.42g (1.69%), Folate: 4.04µg (1.01%)