



Simple Pepper Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 ounce beef broth canned
- ☐ 6 servings rice hot cooked
- ☐ 0.3 cup cornstarch divided
- ☐ 1 garlic clove pressed
- ☐ 1 bell pepper green sliced
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 medium onion sliced
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 1 pound beef top sirloin steaks boneless cut into thin slices
- ☐ 1 tablespoon vegetable oil

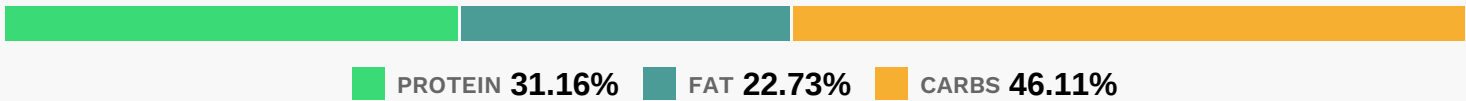
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together 2 tablespoons cornstarch, ginger, beef broth, soy sauce, and, if desired, red pepper; set aside.
- ☐ Combine remaining 2 tablespoons cornstarch, salt, and pepper; dredge steak in mixture.
- ☐ Heat vegetable oil and sesame oil in a large skillet over high heat 3 minutes; add steak and garlic, and saute 4 minutes or until browned.
- ☐ Add bell pepper and onion; saute 8 minutes or until tender. Stir in broth mixture; reduce heat, and simmer 3 to 5 minutes or until thickened.
- ☐ Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:24.46, Inflammation Score:-4, Nutrition Score:12.910000034001%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 270.95kcal (13.55%), Fat: 6.68g (10.28%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 29.36g (10.68%), Sugar: 1.41g (1.56%), Cholesterol: 44.6mg (14.87%), Sodium: 758.6mg (32.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.21%), Selenium: 30.02µg (42.88%), Vitamin B6: 0.64mg (31.97%), Vitamin B3: 5.97mg (29.84%), Manganese: 0.55mg (27.62%), Zinc: 3.51mg (23.41%), Phosphorus: 219.02mg (21.9%), Vitamin C: 17.46mg (21.16%), Vitamin B12: 0.75µg (12.42%), Potassium: 405.14mg (11.58%), Iron: 1.79mg (9.96%), Vitamin B5: 0.88mg (8.83%), Magnesium: 35.01mg (8.75%), Vitamin B2: 0.13mg (7.77%), Copper: 0.15mg (7.42%), Vitamin K: 7.01µg (6.67%), Vitamin B1: 0.1mg (6.54%), Folate: 19.8µg (4.95%), Fiber: 1.14g (4.55%), Calcium: 36.97mg (3.7%), Vitamin E: 0.53mg (3.51%), Vitamin A: 74.76IU (1.5%)