



## Simple Teriyaki Steak Dinner

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 1 cup bell pepper coarsely chopped (any color)
- 5 oz mushrooms fresh sliced
- 24 oz beef strip steaks boneless
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper
- 0.3 cup teriyaki sauce (from 12-oz bottle)
- 2 tablespoons water

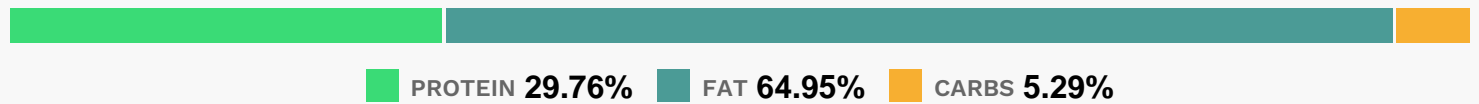
# Equipment

- frying pan

# Directions

- In 12-inch nonstick skillet, melt butter over medium-high heat. Cook bell pepper in butter 2 minutes, stirring frequently. Stir in mushrooms. Cook 2 to 3 minutes, stirring frequently, until vegetables are tender.
- Remove vegetable mixture from skillet; cover to keep warm.
- Sprinkle beef steaks with garlic salt and pepper. In same skillet, cook steaks over medium heat 6 to 8 minutes, turning once or twice, until desired doneness.
- Return vegetables to skillet. Stir teriyaki glaze and water into vegetables and spoon over steaks. Cook about 1 minute, stirring vegetables occasionally, until thoroughly heated.

# Nutrition Facts



# Properties

Glycemic Index:24, Glycemic Load:0.74, Inflammation Score:-8, Nutrition Score:22.084782713133%

# Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

# Nutrients (% of daily need)

Calories: 482.52kcal (24.13%), Fat: 34.46g (53.01%), Saturated Fat: 13.3g (83.12%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.13g (1.87%), Sugar: 4.8g (5.34%), Cholesterol: 146.28mg (48.76%), Sodium: 1101.8mg (47.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.52g (71.05%), Selenium: 41.98µg (59.97%), Vitamin C: 48.43mg (58.7%), Vitamin B6: 1.07mg (53.7%), Vitamin B3: 10.68mg (53.4%), Zinc: 5.95mg (39.64%), Phosphorus: 378.46mg (37.85%), Vitamin B12: 1.58µg (26.38%), Vitamin A: 1292.18IU (25.84%), Vitamin B2: 0.37mg (21.58%), Potassium: 745.27mg (21.29%), Iron: 3.07mg (17.07%), Vitamin B5: 1.62mg (16.23%), Magnesium: 53.06mg (13.27%), Copper: 0.26mg (12.79%), Vitamin B1: 0.17mg (11.47%), Folate: 41.67µg (10.42%), Vitamin E: 1.4mg (9.33%), Calcium: 47.6mg (4.76%), Fiber: 1.19g (4.74%), Vitamin K: 4.75µg (4.53%), Manganese: 0.09mg (4.52%)