



 **58%**
HEALTH SCORE

Sirloin Tips with Vegetables

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

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 bell pepper green seeded cut into 1 1/2-inch pieces
- 2 teaspoons olive oil
- 1 bell pepper red seeded cut into 1 1/2-inch pieces
- 0.5 teaspoon salt divided
- 1 pound sirloin tips
- 2 teaspoons tomatoes (such as Mrs. Dash)
- 1 large vidalia sweet cut into 1 1/2-inch pieces

0.3 cup water divided

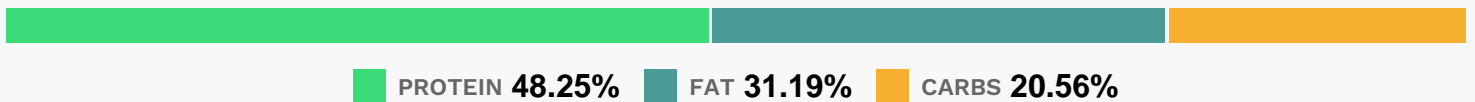
Equipment

frying pan

Directions

- Heat oil in a large nonstick skillet over high heat.
- Sprinkle sirloin tips with 1/4 teaspoon salt and pepper.
- Add beef to pan, and cook 3 to 5 minutes, stirring frequently, or until desired degree of doneness.
- Remove beef from pan; set aside, and keep warm.
- Reduce heat to medium-high.
- Add onion and peppers to pan; saut 3 minutes.
- Add 2 tablespoons water; cook 1 minute.
- Add beef to onion mixture; sprinkle with seasoning blend and remaining 1/4 teaspoon salt.
- Add 1/4 cup water to pan; bring to boil, scraping browned bits from bottom of pan. Cook, stirring constantly, 1 minute.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:21.29999989012%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg

Nutrients (% of daily need)

Calories: 217.78kcal (10.89%), Fat: 7.55g (11.62%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 8.25g (3%), Sugar: 6.22g (6.91%), Cholesterol: 69.17mg (23.06%), Sodium: 365.44mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.59%), Vitamin C: 66.03mg (80.03%), Vitamin B6: 0.97mg (48.42%), Vitamin B3: 9.07mg (45.37%), Selenium: 29.48µg (42.11%), Zinc: 4.99mg (33.24%), Phosphorus: 272.34mg (27.23%), Vitamin B12: 1.35µg (22.49%), Vitamin A: 1084.98IU (21.7%), Vitamin K: 22.11µg (21.06%), Potassium: 633.92mg (18.11%), Iron: 3.23mg (17.92%), Manganese: 0.29mg (14.4%), Folate: 56.3µg (14.07%), Fiber: 2.95g (11.82%), Magnesium: 47.1mg (11.77%), Vitamin E: 1.71mg (11.4%), Vitamin B2: 0.18mg (10.87%), Vitamin B5: 0.97mg (9.69%), Calcium: 93.91mg (9.39%), Vitamin B1: 0.14mg (9.37%), Copper: 0.17mg (8.68%)