



## Sliced Steak with Bold Pepper Sauce

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

READY IN



**27 min.**

SERVINGS



**27**

CALORIES



**46 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 Tbsp cooking sherry dry
- 1 medium bell pepper green thinly sliced
- 0.5 cup a.1. original sauce
- 1 Tbsp olive oil
- 1 medium bell pepper red thinly sliced
- 1.5 lb beef top round steak boneless

### Equipment

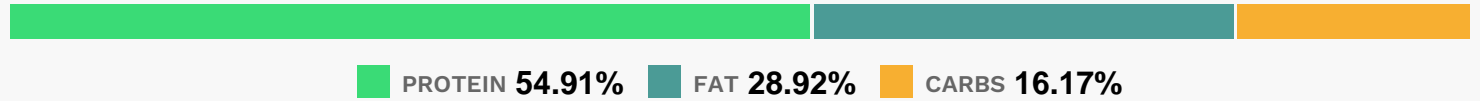
- frying pan

grill

## Directions

- Preheat grill to medium-high heat. Cook and stir peppers in hot oil in large skillet on medium-high heat 5 min. or until crisp-tender.
- Stir in steak sauce and sherry. Reduce heat to low; simmer 5 min., stirring occasionally. Keep warm.
- Grill steak 4 to 6 min. on each side or until cooked through.
- Cut steak into thin slices.
- Serve with the steak sauce mixture.

## Nutrition Facts



## Properties

Glycemic Index:2.11, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:3.7378260726514%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 45.83kcal (2.29%), Fat: 1.39g (2.14%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.59g (0.58%), Sugar: 1.32g (1.47%), Cholesterol: 15.37mg (5.12%), Sodium: 69.11mg (3%), Alcohol: 0.17g (100%), Alcohol %: 0.54% (100%), Protein: 5.95g (11.9%), Selenium: 8.04µg (11.49%), Vitamin C: 9.19mg (11.13%), Vitamin B6: 0.19mg (9.73%), Vitamin B3: 1.8mg (9%), Zinc: 1.17mg (7.8%), Phosphorus: 58.77mg (5.88%), Vitamin B12: 0.34µg (5.67%), Potassium: 112.2mg (3.21%), Vitamin A: 154.3IU (3.09%), Iron: 0.54mg (2.99%), Vitamin B2: 0.04mg (2.49%), Vitamin B1: 0.03mg (1.93%), Vitamin B5: 0.19mg (1.9%), Magnesium: 7.44mg (1.86%), Vitamin E: 0.23mg (1.56%), Copper: 0.03mg (1.53%), Folate: 6.01µg (1.5%), Vitamin K: 1.16µg (1.11%)