



HEALTH SCORE

61%

Slow-Cooker Ginger-Orange Beef Pita Sandwiches



Dairy Free



Very Healthy

READY IN



290 min.

SERVINGS



6

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound round steak boneless
- ☐ 1 medium onion red cut into eighths
- ☐ 1 medium and orange peppers cut into 1-inch pieces (1 1/2 cups)
- ☐ 1 medium jicama peeled cut into julienne strips (1 1/2 cups)
- ☐ 1 tablespoon orange zest grated
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon ginger finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 6 ounces snow peas frozen thawed
- ☐ 3 6-inch wholewheat pita breads cut in half to form pockets (es in diameter)
- ☐ 1 serving mint-cilantro chutney spread shopping list

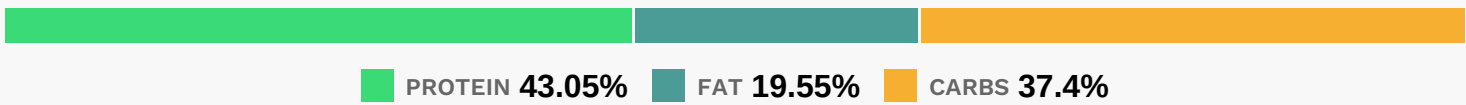
Equipment

- ☐ slow cooker

Directions

- ☐ Trim excess fat from beef.
- ☐ Cut beef lengthwise into 2-inch strips.
- ☐ Cut strips crosswise into 1/8-inch slices.
- ☐ Place beef, onion, bell pepper and jicama in 3 1/2- to 6-quart slow cooker.
- ☐ Mix orange peel, orange juice, gingerroot and salt; pour over beef and vegetables.
- ☐ Cover and cook on low heat setting 4 to 6 hours or until beef is tender.
- ☐ Stir in snap pea pods. Cover and cook on low heat setting about 15 minutes or until pea pods are crisp-tender.
- ☐ Spoon beef mixture into pita breads.
- ☐ Serve with Golden Fruit Chutney.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:18.914347918137%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 180.93kcal (9.05%), Fat: 3.89g (5.99%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 9.77g (3.55%), Sugar: 5.88g (6.54%), Cholesterol: 47.63mg (15.88%), Sodium: 249.38mg (10.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.6%), Vitamin C: 74.23mg (89.97%), Vitamin B6: 0.68mg (34.13%), Selenium: 22.73µg (32.47%), Vitamin B3: 5.9mg (29.5%), Fiber: 7g (27.99%), Zinc: 3.59mg (23.94%), Vitamin B12: 1.43µg (23.81%), Phosphorus: 216.25mg (21.62%), Vitamin A: 988.24IU (19.76%), Potassium: 587.87mg (16.8%), Iron: 3.02mg (16.79%), Folate: 52.11µg (13.03%), Vitamin B2: 0.21mg (12.07%), Vitamin B1: 0.17mg (11.36%), Magnesium: 45.11mg (11.28%), Vitamin B5: 0.99mg (9.9%), Manganese: 0.2mg (9.86%), Vitamin K: 9.38µg (8.94%), Copper: 0.17mg (8.54%), Vitamin E: 1.17mg (7.79%), Calcium: 49.82mg (4.98%)