



HEALTH SCORE

52%

Slow-Cooker Pepper Steak



Gluten Free



Dairy Free

READY IN



450 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb round steak boneless
- ☐ 2 medium onion cut into 1/4-inch slices
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 teaspoon ground ginger finely chopped
- ☐ 1 cup beef broth flavored (from 32-oz carton)
- ☐ 3 tablespoons soya sauce
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup water cold

- ☐ 2 medium bell pepper green cut into 3/4-inch strips
- ☐ 2 medium tomatoes cut into eighths
- ☐ 6 cups rice hot cooked

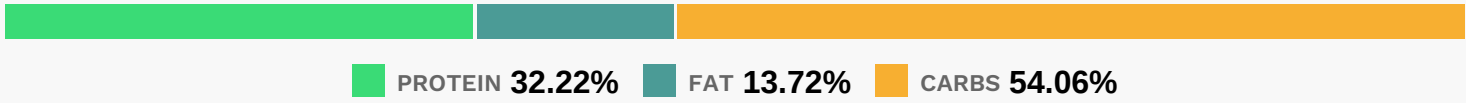
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Remove fat from beef.
- ☐ Cut beef into 6 serving pieces. Spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook beef in skillet about 8 minutes, turning once, until brown.
- ☐ In 3- to 4-quart slow cooker, layer beef, onions, garlic and gingerroot. In small bowl, mix broth and soy sauce; pour over beef.
- ☐ Cover; cook on Low heat setting 7 to 9 hours or until beef is tender.
- ☐ In small bowl, mix cornstarch and water; gradually stir into beef mixture. Stir in bell peppers. Increase heat setting to High. Cover; cook 10 to 12 minutes or until slightly thickened. Stir in tomatoes. Cover; cook about 3 minutes longer or just until tomatoes are thoroughly heated.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:49.23, Inflammation Score:-7, Nutrition Score:23.609999749971%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.57mg, Quercetin: 8.57mg,

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Nutrients (% of daily need)

Calories: 413.8kcal (20.69%), Fat: 6.16g (9.47%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 54.6g (18.2%), Net Carbohydrates: 52.05g (18.93%), Sugar: 3.83g (4.25%), Cholesterol: 71.44mg (23.81%), Sodium: 723.33mg (31.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.08%), Selenium: 45.06µg (64.37%), Vitamin B6: 1.1mg (54.85%), Manganese: 1.02mg (50.91%), Vitamin C: 40.38mg (48.94%), Vitamin B3: 9.62mg (48.11%), Zinc: 5.88mg (39.17%), Phosphorus: 366.38mg (36.64%), Vitamin B12: 2.17µg (36.19%), Potassium: 719.55mg (20.56%), Iron: 3.38mg (18.77%), Magnesium: 64.51mg (16.13%), Vitamin B5: 1.55mg (15.48%), Copper: 0.31mg (15.28%), Vitamin B2: 0.26mg (15.12%), Vitamin B1: 0.2mg (13.41%), Fiber: 2.55g (10.21%), Vitamin A: 489.13IU (9.78%), Folate: 39.02µg (9.76%), Vitamin K: 7.69µg (7.33%), Calcium: 60.62mg (6.06%), Vitamin E: 0.78mg (5.2%)