

 55%
HEALTH SCORE

Slow Cooker Pepper Steak II

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds beef sirloin sliced into strips
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon garlic minced
- ☐ 3 bell peppers green cut into strips
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 teaspoon salt

- ☐ 0.5 cup soya sauce
- ☐ 0.3 cup water cold
- ☐ 2 teaspoons sugar white

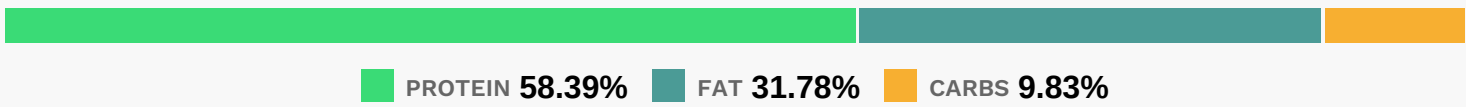
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the steak strips, and quickly brown on both sides, adding the garlic to the steak while it cooks.
- ☐ Transfer the steak and its juices to a slow cooker.
- ☐ Add the onion, soy sauce, salt, pepper and sugar. Cover, and cook on Low for 6 to 8 hours, until the meat is fork tender.
- ☐ One hour before the end of the cooking time, add the green peppers. Stir together the cornstarch and cold water.
- ☐ Pour into the slow cooker during the last few minutes, and cook until the sauce has thickened.

Nutrition Facts



Properties

Glycemic Index:30.68, Glycemic Load:1.77, Inflammation Score:-6, Nutrition Score:29.359130569126%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 361.4kcal (18.07%), Fat: 12.42g (19.11%), Saturated Fat: 3.29g (20.58%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 7.08g (2.58%), Sugar: 3.88g (4.31%), Cholesterol: 124.74mg (41.58%), Sodium: 1602.58mg (69.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.34g (102.68%), Selenium: 65.81µg (94.01%), Vitamin B6: 1.64mg (81.76%), Vitamin B3: 15.5mg (77.52%), Zinc: 9.58mg (63.86%), Vitamin C: 49.61mg (60.13%), Phosphorus: 505.22mg (50.52%), Vitamin B12: 2.84µg (47.25%), Potassium: 943.94mg (26.97%), Iron: 4.81mg (26.74%), Vitamin B2: 0.36mg (21.26%), Magnesium: 68.45mg (17.11%), Vitamin B1: 0.26mg (17.08%), Vitamin B5: 1.59mg (15.89%), Copper: 0.3mg (15.07%), Manganese: 0.27mg (13.38%), Vitamin E: 1.51mg (10.07%), Folate: 40.2µg (10.05%), Vitamin K: 10.08µg (9.6%), Calcium: 63.17mg (6.32%), Fiber: 1.56g (6.24%), Vitamin A: 221.55IU (4.43%)