



Smothered Pepper Steak

 Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce bell pepper stir-fry frozen (such as Birds Eye)
- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced with balsamic vinegar, basil, and olive oil (such as hunt's), undrained canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 16 ounce ground sirloin patties
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.3 teaspoon salt

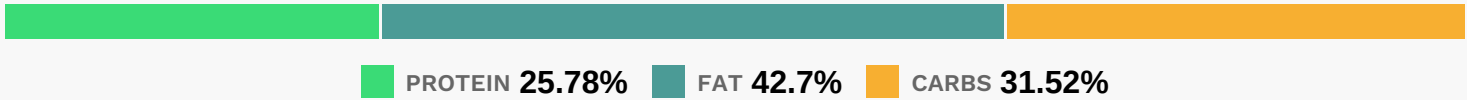
Equipment

- ☐ frying pan

Directions

- ☐ Place flour in a shallow dish. Dredge sirloin patties in flour; sprinkle patties evenly with salt and pepper.
- ☐ Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray. Coat patties with cooking spray.
- ☐ Add patties to pan; cook 3 minutes on each side or until lightly browned.
- ☐ Add stir-fry, tomatoes, and soy sauce to meat in pan; bring to a boil. Reduce heat; simmer 15 minutes or until meat is done and pepper mixture is slightly thick.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:13.3, Inflammation Score:-10, Nutrition Score:23.772173850433%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 386.79kcal (19.34%), Fat: 17.42g (26.8%), Saturated Fat: 6.73g (42.07%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 26.34g (9.58%), Sugar: 20.16g (22.4%), Cholesterol: 77.11mg (25.7%), Sodium: 392.5mg (17.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.33%), Vitamin C: 145.15mg (175.94%), Vitamin A: 3551.18IU (71.02%), Vitamin B12: 2.46µg (41.01%), Zinc: 5.52mg (36.79%), Vitamin B6: 0.73mg (36.58%), Vitamin B3: 6.76mg (33.81%), Selenium: 19.96µg (28.52%), Phosphorus: 255.83mg (25.58%), Iron: 3.93mg (21.81%), Potassium: 710.68mg (20.31%), Vitamin B2: 0.31mg (18.02%), Folate: 71.04µg (17.76%), Manganese: 0.34mg (17.23%), Vitamin E: 2.23mg (14.88%), Magnesium: 50.57mg (12.64%), Fiber: 2.59g (10.37%), Vitamin B1: 0.15mg (10.32%), Vitamin B5: 1.02mg (10.21%), Vitamin K: 7.25µg (6.91%), Copper: 0.13mg (6.69%), Calcium: 55.38mg (5.54%)