



Spicy Beef and Bell Pepper Stir-Fry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons sriracha (such as Lee Kum Kee)
- ☐ 12 ounces flank steak thin
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 4 green onions cut into 2-inch pieces
- ☐ 3 tablespoons lower-sodium soy sauce
- ☐ 1 bell pepper red cut into thin strips
- ☐ 1.5 tablespoons rice wine vinegar

- ☐ 2 teaspoons sesame seed toasted
- ☐ 1 bell pepper yellow cut into thin strips

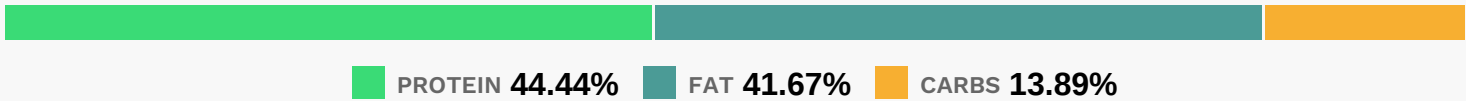
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add steak to pan; cook 2 minutes, searing on one side.
- ☐ Add bell peppers; cook 2 minutes or until beef loses its pink color, stirring constantly.
- ☐ Remove beef mixture from pan.
- ☐ Add soy sauce, vinegar, ginger, and chili garlic sauce to pan; bring to a boil. Cook 1 minute or until slightly thickened.
- ☐ Add beef mixture and green onions to pan; toss well to coat.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:18.292173717333%

Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 185.01kcal (9.25%), Fat: 8.47g (13.04%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 4.81g (1.75%), Sugar: 2.06g (2.29%), Cholesterol: 51.03mg (17.01%), Sodium: 604.06mg (26.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.33g (40.67%), Vitamin C: 95.01mg (115.17%), Selenium: 25.73µg (36.75%), Vitamin B6: 0.69mg (34.42%), Vitamin B3: 6.11mg (30.55%), Vitamin K: 29.82µg (28.4%), Zinc:

3.61mg (24.05%), Vitamin A: 1110.7IU (22.21%), Phosphorus: 218.16mg (21.82%), Potassium: 503.28mg (14.38%), Vitamin B12: 0.77µg (12.9%), Folate: 46.6µg (11.65%), Iron: 2.07mg (11.51%), Magnesium: 40.85mg (10.21%), Vitamin B2: 0.17mg (10.12%), Vitamin E: 1.45mg (9.68%), Manganese: 0.18mg (8.97%), Copper: 0.16mg (8%), Vitamin B5: 0.73mg (7.32%), Vitamin B1: 0.11mg (7.03%), Fiber: 1.54g (6.17%), Calcium: 45.85mg (4.58%)