



 **54%**
HEALTH SCORE

Spicy Pepper Steak

 Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



1633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef for stir-fry
- 1 medium bell pepper cut into 3/4-inch squares
- 1 serving noodles hot cooked
- 0.3 cup hoisin sauce
- 1 medium onion sliced
- 1 tablespoon vegetable oil

Equipment

- frying pan

wok

Directions

- Heat wok or 12-inch skillet over high heat.
- Add oil; rotate wok to coat side.
- Add beef to wok; stir-fry about 2 minutes or until brown.
- Add bell pepper and onion; stir-fry about 1 minute or until vegetables are crisp-tender. Stir in hoisin sauce; cook and stir about 30 seconds or until hot.
- Serve with noodles.

Nutrition Facts

 **PROTEIN 21.64%**  **FAT 60.06%**  **CARBS 18.3%**

Properties

Glycemic Index:107.5, Glycemic Load:15.75, Inflammation Score:-10, Nutrition Score:53.56782579422%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.6mg, Quercetin: 22.6mg, Quercetin: 22.6mg, Quercetin: 22.6mg

Nutrients (% of daily need)

Calories: 1632.84kcal (81.64%), Fat: 107.91g (166.01%), Saturated Fat: 37.53g (234.59%), Carbohydrates: 74g (24.67%), Net Carbohydrates: 66.18g (24.06%), Sugar: 28.91g (32.12%), Cholesterol: 324.11mg (108.04%), Sodium: 1427.67mg (62.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.48g (174.95%), Vitamin C: 160.74mg (194.83%), Vitamin B12: 9.71µg (161.78%), Zinc: 20.1mg (133.99%), Selenium: 92.39µg (131.98%), Vitamin B3: 21.61mg (108.05%), Vitamin B6: 2.03mg (101.38%), Phosphorus: 854.94mg (85.49%), Vitamin A: 3732.21IU (74.64%), Iron: 11.33mg (62.93%), Vitamin B2: 0.97mg (56.96%), Potassium: 1755.6mg (50.16%), Manganese: 0.77mg (38.44%), Vitamin K: 39.79µg (37.9%), Vitamin E: 5.12mg (34.12%), Magnesium: 134.19mg (33.55%), Folate: 129.15µg (32.29%), Fiber: 7.82g (31.3%), Vitamin B5: 2.93mg (29.32%), Copper: 0.51mg (25.64%), Vitamin B1: 0.33mg (21.98%), Calcium: 143.23mg (14.32%), Vitamin D: 0.45µg (3.02%)