



Spicy Pepper Steak

 Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

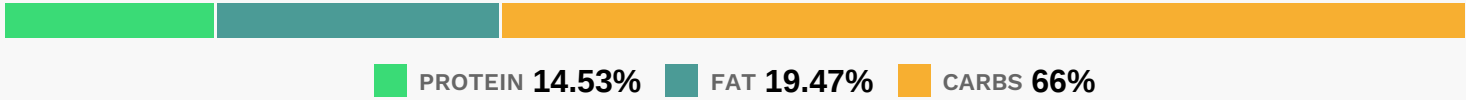
- ☐ frying pan

☐ 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



Properties

Glycemic Index:54.83, Glycemic Load:52.65, Inflammation Score:-8, Nutrition Score:13.488260880761%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 743.86kcal (37.19%), Fat: 16.31g (25.1%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 124.46g (41.49%), Net Carbohydrates: 105.22g (38.26%), Sugar: 9.64g (10.71%), Cholesterol: 0.69mg (0.23%), Sodium: 374.59mg (16.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.78%), Fiber: 19.24g (76.96%), Vitamin C: 53.58mg (64.94%), Iron: 7.1mg (39.46%), Vitamin A: 1244.07IU (24.88%), Manganese: 0.24mg (12.06%), Selenium: 8.12µg (11.59%), Vitamin K: 10.54µg (10.04%), Calcium: 96.13mg (9.61%), Vitamin B6: 0.19mg (9.38%), Folate: 32.47µg (8.12%), Vitamin E: 1.09mg (7.24%), Vitamin B2: 0.1mg (5.82%), Potassium: 176.97mg (5.06%), Magnesium: 19.03mg (4.76%), Phosphorus: 46.09mg (4.61%), Vitamin B3: 0.81mg (4.06%), Copper: 0.08mg (3.94%), Vitamin B1: 0.04mg (2.99%), Zinc: 0.38mg (2.53%), Vitamin B5: 0.22mg (2.18%)