



HEALTH SCORE

100%

Swanson® Steakhouse Beef and Pepper Stir-Fry



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef stock swanson®
- ☐ 1 pound beef sirloin steak boneless cut into thin strips
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 cups pepper strips fresh green red
- ☐ 4 cups regular rice long-grain white hot cooked
- ☐ 1 tablespoon soya sauce

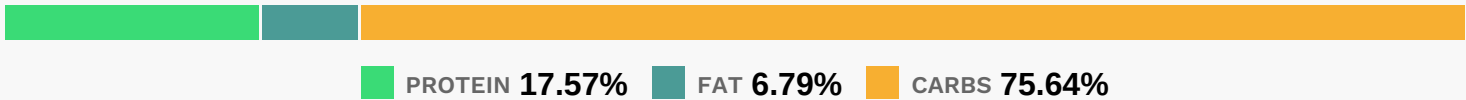
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir the stock, cornstarch, soy and garlic powder in a small bowl until smooth.
- ☐ Stir-fry the beef in a 10-inch nonstick skillet over medium-high heat until it's well browned.
- ☐ Add the peppers to the skillet and stir-fry until tender-crisp.
- ☐ Reduce the heat to medium.
- ☐ Add the stock mixture to the skillet. Cook and stir until the mixture boils and thickens, stirring constantly.
- ☐ Serve over the rice.

Nutrition Facts



Properties

Glycemic Index:28.3, Glycemic Load:103.7, Inflammation Score:-9, Nutrition Score:52.317825846455%

Nutrients (% of daily need)

Calories: 1158.58kcal (57.93%), Fat: 9.21g (14.17%), Saturated Fat: 3.51g (21.91%), Carbohydrates: 231g (77%), Net Carbohydrates: 198.54g (72.2%), Sugar: 1.71g (1.9%), Cholesterol: 66.9mg (22.3%), Sodium: 586.15mg (25.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.65g (107.3%), Manganese: 17.14mg (857.03%), Vitamin K: 195.2µg (185.91%), Fiber: 32.46g (129.83%), Copper: 2.14mg (106.94%), Selenium: 70.39µg (100.56%), Iron: 15.27mg (84.85%), Vitamin B6: 1.44mg (72.05%), Magnesium: 285.28mg (71.32%), Potassium: 2425.9mg (69.31%), Phosphorus: 684.31mg (68.43%), Vitamin B3: 12.88mg (64.38%), Calcium: 611.71mg (61.17%), Zinc: 8.2mg (54.66%), Vitamin B5: 4.29mg (42.92%), Vitamin B2: 0.56mg (32.72%), Vitamin B1: 0.39mg (25.75%), Vitamin B12: 1.07µg (17.77%), Folate: 53.04µg (13.26%), Vitamin A: 647.07IU (12.94%), Vitamin E: 1.77mg (11.77%)